Our Essential Nature

THE JOURNEY OF CONSCIOUSNESS

意識の旅路

JENNIE LAI

About the Author

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Preface

Have you ever wondered what this life is about? Have you wondered why you have life? Have you ever wondered why you have this physical body? Well, I can tell you that we are living in these physical bodies, so we may encounter the truth through them, the truth of what we are. We are consciousness, energy and vibrations of warmth that continually expand into the universe, eternally. We were born to realize that we are consciousness and vibrations of warmth.

My name is Tomekichi Taike and for many years I have been speaking about this warmth we are. The warmth that we are is what I want to explain to you in this book. Our existence is energy and consciousness. It is something absolutely different from our physical and material bodies. This is the knowledge I want to share with everyone. These uncoverings, these discoveries of true joy, happiness, and contentment are within everyone's hearts.

I have been speaking for more than 25 years about this journey of consciousness- the only message that I want to communicate to everyone: we are consciousness and we are one. We are all vibrations of energy and warmth within. Through these messages I want you to open your heart and feel the consciousness and feel the vibrations of warmth, the energy that surrounds us connects us, and that is intertwined in everything. Please feel the energy of the words with your

heart. Don't analyze too much, questioning the logic of what I say. Please concentrate on the energy of the words. Please try to feel the energy of the words that permeate this book. I want you to feel the warmth that this book is conveying.

I want to emphasize that this physical world isn't a world of suffering. We don't live in this material world to suffer, but to open our hearts so that the truth and warmth within may be revealed. I have found incredible happiness in my heart. It is a joy that I want everyone to feel. My sole purpose has been to share the knowledge I have discovered in my heart because I want everyone to return to the joy in their own hearts. I am waiting in my heart for everyone. Your own heart is waiting for you.

Of my material life, I cannot say that my years of living have been struggle-free. My many years as a schoolteacher and principal in Japan were years of hard times and struggle. For decades, I had been exposed to many distresses and issues of suffering in families of my students, in my own family, and friends. I had struggled with many negative thoughts, striving to "be something" in this physical world, wanting more control over my life and the lives of others. However, at some point I realized this was not the whole world. I wasn't seeing the true world. I felt like there were answers to be had in my heart. That is when I began mother's reflection purposefully.

I thought if I began to remember about my mother purposefully, it would lead to some answers, and indeed, slowly the answers became apparent in my heart. I began to understand

that my life's experiences were opportunities for me, to do my own reflection and feel my true heart. Those were opportunities for me to open my heart. After making discoveries of truth in my heart, I knew then what path I must take.

I knew I must take this path to spread the joy in Japan. I also knew that through speaking about this "true purpose" with others, another path would appear and I believed that strongly in my heart. So, I quit my job as a school principal. Now, looking back, I am convinced that believing in my own heart has not failed me because I clearly see the path ahead of us. I realize that the truth is in my heart. I realize that the truth is in everyone's heart. It is accessible by everyone.

I hope this book finds you and speaks to your heart. I hope that through this book you will feel an inkling of the truth that I am communicating.

I want people to "wake up" and realize what their true existence is. I want people to remember their purpose, why they are born, and remember that this material life isn't all that exists. This physical life is a mask; it is an aid to realize your true heart within. This is what I have dedicated my life to. Over the past 25 years, I have studied and grown with everyone and now the truth is clearer than it ever has been. I would like you to reach this point. I am not special. I am just like you--maybe I was more diligent and fastidious and knew my purpose. I never waivered in the thought that my true purpose was to discover this warmth.

I have to say wholeheartedly that it's been a worthwhile endeavor because now a few people have begun to realize the truth of their heart so I know that my efforts have not been in vain.

I ask that you return to your heart of warmth. I don't ask anything of you in return. I don't want anything from you. I only want you to find happiness and joy in your heart and to remember that you are energy and that we are all connected. The sooner you realize that, the more joy you will feel in your heart. The less you will struggle in your life. You will realize all pain and suffering in this life is an act of joy. It is a volcano of joy. Pain and suffering is a volcano of joy.

I hope this book finds you well. I hope you will feel something in your heart, not just your brain. Please be open to the language we use in the book; please be open to the feelings that may arise within you. Don't be afraid because the truth is nothing to fear. I want you to open your heart and feel the waves and the energy that is being communicated.

I know you will feel something in your heart and I invite you to pursue that. Please don't be afraid. Your heart has been waiting for the truth. Let's embark on this journey of joy together and discover the truth of our existence.

Thank you.

Tomekichi Taike

My name is Jennie Lai. I have been involved in this study for more than 20 years. When I first met Mr. Taike in Los Angeles, I was quite young maybe 14 or 15. I remember my mother coming home from one of these "talks" by Mr. Taike. She explained to me the concept of reincarnation and consciousness. I was intrigued and wanted to know more because even at such a young age, I felt depressed and suicidal. I couldn't understand why life was worth living and felt I was wallowing in the depths of my suffering. I always felt dissatisfied, sad, and lonely in my heart, constantly questioning the reasons for my existence. However, the talks of Mr. Taike spoke of an eternal consciousness and that warmth was our true existence.

With my interest piqued, I decided to attend one of these lectures myself. I remember feeling a shock of warmth in my heart the first time Mr. Taike and I met. I felt something very different and warm surrounding me. I remember feeling very drawn to Mr. Taike.

Being so young, it wasn't difficult not to question. When you are young, you have the wisdom to just pursue what tugs at your heart. That is what I did, I just pursued. My mother translated Mr. Taike's lectures because I didn't speak an ounce of Japanese at the time. He spoke of mother, and the importance of reflecting on mother and that after doing this you would feel something within yourself. I felt that I had nothing to lose and everything to gain, so I gave it a go and began to keep a journal. This journal was filled with

reflections on life and on Mother. After writing in about 10 yellow legal pads, I slowly began to feel something in my heart. The feelings arising in my heart were something that I could not ignore. I would spontaneously weep and feel shocks of warmth and more importantly, more contentment in my physical life. So I kept writing in my journal, doing meditation, and attending talks in Japan when I could.

Here I am, 20 plus years later, speaking of this journey, this journey of joy and truth. Walking on this path, I have found such profound joy, warmth and contentment. I, too, invite you to take the time to pursue this, if this is something that touches and moves you. Have the innocence, which means keeping an open mind and heart, and the willingness to be an escort to your heart.

In this book, some of the language may not make sense, and the experiences sound strange but I invite you, if you feel something, to take the first step to understand the truth by reflecting on mother. After you have done a few exercises, decide for yourself whether this is a journey you would like to undertake. I promise you will not regret that you did. I invite you to begin this journey of joy with us.

Thank you.

Jennie Lai

How this book is different from other books

This book is not like a lot of other books. It isn't Jennie Lai's brain writing this book. This book is written through channeling. Don't think of channeling as something strange or even extraordinary because it is not. Jennie Lai is like a radio picking up the frequency of "warmth" and then broadcasting that frequency. Being a channeller is nothing special. Anyone can be a receptacle, a medium or channeller, receiving messages.

I, Jennie Lai, have only been a messenger. By aligning my heart with the warmth, I received the messages and the guidance to write the book from within. I have only turned my heart to the warmth and let that speak with my voice.

The consciousness of Tomekichi Taike can speak through anyone, because the consciousness of Tomekichi Taike is everyone. It is that which we refer to as our heart of warmth. The channeler can tune into each individual because we are all one consciousness at the core. We are one energy.

First, as you do more meditation and reflection and become aware of the warmth, then it takes only practice to give voice to the messages from the heart of warmth. Once you realize this world of consciousness, and you align your heart to the warmth then you are able to receive the messages from the core of warmth. The core warmth is always

communicating to your heart. When we are able to align our hearts to the warmth, we can receive messages from the warmth of our core being.

Warmth: Consciousness of Tomekichi Taike

Your true consciousness is warmth. It is synonymous with the consciousness of Tomekichi Taike and Albert Rockefeller. It is you and me. These are all words. We are all one consciousness--we have physical bodies that separate us, but in the world of consciousness we are one entity, one warm heart, ever expansive and ever growing. This is our truth.

Why do we use these names to speak of the warmth within, our true consciousness?

Is it because the physical Tomekichi Taike is so special?

He is not special. The physical Tomekichi Taike is not the same as the consciousness of Tomekichi Taike. The physical Tomekichi Taike is just an old grandfather. The consciousness of Tomekichi Taike is different because his heart is 100% aligned with the world of consciousness. When you align your heart to this consciousness you will feel the warmth of mother. Furthermore, Albert Rockefeller will be the reincarnation of Tomekichi Taike , who has the same consciousness, so Tomekichi Taike and Albert

Rockefeller are essentially the same.

Messages from the consciousness of Tomekichi Taike merely means messages from the core of warmth within everyone. Historically, words such as "god" have an associated meaning. We are speaking of the semantics of the word. For example whenever you use the word, "god" you automatically think of a higher power, the Christian god, or something like that. So, in this study we could say "we are all 'god' within." However, people have a tendency, without knowing it, to associate "god" with the Christian god. This is what we want to avoid.

So when you take a word such as "Tomekichi Taike" that has really no associated meaning, you can create new meaning. There is no history of this word so there is no mistaken meaning. In this book, the only thing to be clear about is that messages are from the consciousness of Tomekichi Taike, and not the physical old man Tomekichi Taike.

In addition, the consciousness of Tomekichi Taike is the same as our core "warmth." The consciousness of mother is the consciousness of Tomekichi Taike is your true heart.

Part 1

Truth of Existence

Chapter 1
What are "we"?

Have you ever wondered what you are? What are "we" human beings? Are we merely the cells that make up the body? Have you ever questioned whether you were mind or body? What is this physical body that has five senses which lets you see, touch, smell, hear, and taste? What is intuition? Do you believe the struggles within yourself will disappear after your material body is gone?

This is an age where many believe that they are just a brain within a physical body. Many people want to believe this physical body, this flesh and bone, is everything. But if you have ever had a doubt about that…please read on.

The truth is that we are not just brains and bodies. Human beings are something much more, much deeper than this corporeal self. In addition, we are something more enduring and perpetual than physical bodies.

There is something coexisting with the body. If you took away the physical body, you'd be left with consciousness, or energy, that is what we are. In some sense, it is not a question of mind over matter. Your consciousness can feel everything, everywhere at any time, in space, the present and the future. If you contain yourself to think that you are only living in

the present moment in this physical body then that is all you will truly feel. If you expand your heart and realize what you truly are, then you will see the past, present, and future exist as one. You will see that you and I are the same. The birds, the sky, the ocean, at our very essence we are the same energy. Consciousness is eternal. When this physical body dies, it is only the body that dies. Consciousness lives eternally. Why isn't the truth obvious? It is because you have believed in your physical selves for so long that now that is all that you think you are. It will take some time and effort for you to break away from that thinking to realize, to discover that you are truly consciousness and energy.

I don't want you to believe that your death is the end of you. I am here to tell you this is not the case. This belief that this is the only life that counts is wrong. There is something more to this world and life than the material body and the physical things you see. There is something that is moved in your consciousness and that is what I want to address. Be open and aware of this. This study is trying to make you aware of this world.

You and I, we are all connected by our consciousness. In the world of consciousness, we are all one. On a material level, on earth and in outer space, our bodies are separated by perceptible space. Consciousness can never be destroyed with the physical body. Even though we have reincarnated many thousands of times with a physical body, most times we have

just accepted the physical body living on this material earth as our true world.

So unlike what many may believe, when the physical body dies, the whole human being does not die. It is not the end of existence. Consciousness or soul lives eternally through many physical bodies and cycles of physical lives, on earth and in space as well. Furthermore, it is possible for consciousness to persist without a physical body.

We have had many physical bodies on earth and we have had many physical bodies in space. Physical bodies are just material, but we are actually something greater than this. Physical bodies are like clothes we wear. We can change them many times over. Our essence that exists eternally is consciousness.

To expand on the metaphor of clothes, that this physical body is akin to clothes that you wear and are continually changing, do you understand the history of these "clothes?" You have spent millions, billions of years, in space, on different planets, in different galaxies, with physical forms and without, traveling and creating these feelings of dark energy. You have created war, strife, struggle, greed, pettiness, jealousy, superiority, and inferiority. You have done all you can to satisfy all your desires through your physical body. You have loved, hated, struggled, fought, and stolen, all to be special and different, all to feel something greater in your heart.

I believe the reason you don't feel something that satisfies your heart is because you don't understand the truth of your existence. You don't understand that you are consciousness. However, now we are on a path to rediscover the truth of our existence in our hearts and to understand we are not physical bodies. This does seem like a daunting task. But it is not. It is a joyful task. Once you discover an inkling of the truth in your heart the happier you become, the lighter you become. You will start to feel the energy and vibrations of joy all around you. That is the world of consciousness.

I have come to see, over these many years, that the physical body is a mere shadow of the true world. You ask why we cannot feel the true world. You can feel it all the time; it is just that your focus is not on the world of heart, the vibrations of energy, the vibrations of warmth. You fervently believe in your brain and that this physical world is the real world. In some cases, you have absolutely convinced yourself to believe that.

I ask you, I beseech you, not to believe in this physical body and be deceived by what you can perceive with your five senses. I want you to look beyond that and I want you to feel and sense the real world with your own heart. That is the only way you will come to know the truth. That is the only way you can come to know the truth, by experiencing it with your own heart. You have to feel it. People have a tendency to

ignore consciousness even though they see tiny glimpses of it.

Coexisting with your body is energy. Humans have colloquially termed this "soul." In this book, we call this consciousness, energy of warmth. Your consciousness or soul is felt through your heart. Many times, no one recognizes this thing called heart. You only want to believe what your five senses tell you in this material world. From the day you were born, you have relied on these senses to inform you of the world. You live your life according to what your mind perceives, sometimes disregarding consciousness and the world of heart.

Though you disregard consciousness it persists and is eternal. Your consciousness currently coexists with your physical body and the core of what you are and what will remain, never fading or ending, is eternal consciousness. Consciousness is the core of what you are. Consciousness exists eternally through space and time. Consciousness is comprised of vibrations of warmth and is energy. Essentially, we are all energy.

Even though we may have individual material bodies, in the world of consciousness, we are all one. We are not separate entities. One of our goals is to remember that we are all part of this world of consciousness. Our consciousness simultaneously remains in this material world as well as in the world of consciousness. Consciousness is an all embracing

and encompassing warm energy that gives to no end. This is our essence.

Our true essence is vibrations of warmth, this energy, and this love that permeates all living things. It permeates all things living in space; even in the darkness we are this energy. We are these vibrations of warmth, but you are still convinced by your physical bodies that this physical world is everything. That everything you can evaluate with your five senses is the only true world. Our true essence, our nature is energy, energy of warmth, love, and joy. We are consciousness.

Our true consciousness is synonymous with mother's consciousness. Mother's consciousness is the warm energy that is so bright and loving. It is embracing. It is your true being. It is the ever-spreading warm vibrations that we all are. It is warm energy, warmth, which is continually reaching out and embracing, supporting, loving, catching, and protecting you. It is the warmth that stirs deep within your heart. It is wide, warm, fully embracing, protecting. It is warm and beautiful, as if arms outreached always to embrace you. It is larger than the sky, and you feel the complete freedom to be without worry, like the water from the ocean.

Imagine yourself on top of the mountain, breathing that fresh air in and out, and as you look below the landscape is so warm, gentle, and wide. Can you imagine that as your heart? That is mother's consciousness. Or envision yourself as a bird

soaring in the sky; cheerful, joyful, full of content, warmth, that feeling is mother's consciousness, your true essence. It is so rich, deep, and wide. It is essentially even larger than this, but as a starting image point to grasp an inkling of what mother's consciousness is, it is a good one.

Your heart has always existed and been moved by different things. I know in your waking day you use your five senses to register everything. But you also rely on what some people call instinct or gut. Perhaps this is something that is a window to consciousness. A lot of the time, we choose to ignore the things our heart feels. But at the same time many people are always trying to become moved by their emotions, through art and music, to move their "spirit." So this idea of being moved by things that are intangible is not foreign.

At the end of the day, many people wish to conclude that what is tangible is the only truth in their life. That equals the reality they know. But I am telling you that you can open your heart and become aware of the world of consciousness through reflection and meditation. You can access the world of consciousness and become aware of the fact that you are consciousness and vibrations of warmth at the core, living in a much larger world of consciousness

Chapter 2
Happiness and Love vs. Sadness and Suffering

Are you happy or sad? Are you struggling with life, your emotions? Do you believe the struggles and distress you experience in this life will go away once your physical body is gone?

These basic questions are the ones that create the foundation of how we live our lives. These are the questions that control our lives, driving us to make the decisions that we do. We are always struggling within ourselves, searching for happiness and satisfaction in life, trying to find a means to that end. We are always looking for ways to feel complete, to find happiness and control our inner sadness and suffering. People attempt to manage their distress and create happiness by looking to religion, looking to various activities to keep the heart dulled to the sensation of unhappiness and suffering. We keep ourselves occupied with exciting activities, television, computers, and etc., to feel less empty, i.e., it's an illusion of fullness and satisfaction.

But the question is: is it possible to do anything in this physical life with this body to make your heart feel satiated and devoid of suffering? We try to do these various physical activities to fill the empty bowl in our hearts. But will doing

so address the suffering and emptiness you feel in your heart? You can temporarily fill your bowl, but there will be no long-term solution relying on these corporeal activities. The only thing that will fill the empty bowl, your heart, is if you return to the truth and save yourself.

People have been suffering, confused, distressed for so long. They have been suffering because they compare themselves to other people in this world. They compare themselves and they don't feel adequate, or they feel superior. They think they don't make enough money and they feel inferior. They make more than others and feel superior. Suffering hearts stem from the comparison to others. They also suffer when they lose control of their emotions, such as anger or depression, and let that emotion spiral out of control.

Many of you are suffering. Darkness and dark energy are negative thoughts and thoughts that make us suffer, like greed, power, fame, trying to become rich, become better than others, trying to be special, trying to overpower others, belittling people, believing that we are better than other people. This is darkness we have created. Life gives us the opportunity to create darkness. Life gives us the opportunity to realize that this is not what we truly are. You are not just an existence, living life to be greedy, to be better than others.

All of these desires for powers outside of yourself, to dominate other people, are they really giving you happiness

and satisfaction inside? I think if you ask yourself if you are satisfied, truly satisfied, the answer will be, "no." Am I correct? I believe I may be correct in assuming this. You have been suffering so long that you don't even realize what the possibilities of happiness are. You don't realize the capacity of warmth and spaciousness that exists in your heart. If you begin to understand that there is this vast spaciousness, happiness, vibrations of warmth in your heart, then you will not continually strive to embrace these powers any longer.

Mankind has known that their hearts are suffering. Anything that isn't happiness, warmth and joy is a heart of suffering. You live in a world of comparison, of jealousy, of hate, of distrust. You live in this world that you have created. You have created this world because you have believed in this material world as the one where you had to make a difference. You understand this material body to be the only world. You are continually reincarnated, believing each life is the only life you will live. I am here to help you break this cycle. I am here to help you get out of the habit of believing you are only a physical body. I want you to break the cycle by meeting the truth in your heart. Once you understand you are a warm heart of love and energy, then you can change the way you have thought about this world. You can change 180 degrees.

The heart that suffers is just the heart that has forgotten true warmth. You can save your pain and suffering. Once you begin to change your many suffering hearts to warmth by

embracing them you will slowly change yourself. Only you can save yourself and we call that "self-salvation." How do you become joyful and happy? Who do you rely on? You only rely on yourself to make yourself happy. Your heart can never be saved by any outside source, "god". You are in control of your destiny, of whether you want to be happy or sad.

There is no one to blame for your suffering but yourself. No one bequeaths suffering onto anyone. Suffering and darkness is a creation of your own. Everyone is responsible for his or her own happiness and sadness. You control your own destiny, of whether you will be happy or sad. You control that by where you point your heart and what you choose to believe in.

Suffering is something you have caused yourself. You have traveled far from the essential nature of yourself and that causes suffering in this physical life. You forget that your purpose is to return to the warmth in your heart, to rediscover consciousness, and to find the joy in your heart. You think that accumulating energies such as greed and power is important in this physical life. But you are actually just getting wrapped up in the mask of your physical life. If you remember that your true mission is to return to the warmth in your heart you will not suffer because you will know that all you need do is wrap your suffering selves and ask yourself, your suffering dark heart, to return to your true heart of warmth.

Fortunately, through your sufferings, you look for answers.

Only through pain and suffering will you question yourself. Only then will you begin to search for answers to those questions. I am here to tell you life is not about suffering. Your own interpretation of life deems things suffering or happy. All experiences, when you strip away your interpretation, are occurrences of joy. Anything to make you question your purpose is something to be welcomed and is a joyous event. Without suffering and pain, you never think to question yourself or your existence. This is why I welcome all pain and suffering with a heart of joy. As you experience pain, your heart is realizing something. You heart is questioning why you have pain and suffering and that is always an opportunity for change.

So what do you do with the sadness and darkness in your heart? How do you alleviate this dark heart? If you know you are suffering, now is not the time to wallow in that sorrow. Now is the time to be proactive and try to figure out how to save yourself. Why are you unhappy and sad? You are sad because of the direction you placed your heart. If you always look to the physical world for the truth you will always be unhappy. Once you discover that the truth is within your heart and you begin to save yourself, then you will start to become satisfied. We have been trying to ignore this heart. We have been praying to gods to help us to ignore this heart, because we had forgotten how to save ourselves. We tried to forget about this suffering heart. We tried to forget about their existence within ourselves. That

is the coldest cruelest thing you can do to yourself, for even suffering hearts are a part of you.

This physical body is a mask you wear. Your true existence is the consciousness that lives forever. It is the emotions you feel all the time. These emotions are alive and never die whether they feel happy or sad, or feel angry or peace. This emotional self constitutes your conscious self that never disappears. If you are unable to resolve anger and jealousy currently when you die you will continue to exist in that state. You are always trying to run away from our emotions. We are always trying to dampen, ignore, and find ways to divert our attentions, so we don't have to feel anything. We are trying to escape our emotions.

We need to come to peaceful resolutions with our emotions. We need to take these emotions and turn them into warmth and wonderful joy. This is our purpose. Your purpose isn't to escape your emotions by using the computer or other media, i.e. games and social networking. That is the life you need to confront every day. Don't divert your attention from your suffering self. Face your suffering heart head on. When you confront your dark energy and can save them, the happier and more at peace you will be. This study is about finding peace and joy, the truth within yourself. This is your true purpose.

I struggled for many years trying to figure out what the truth inside my heart was. I struggled in my job as a school

principal. Yes, I was a very intelligent person, so I used my brain to figure out answers in life. I tried to calculate how I could become more satisfied. I couldn't find the answers. I couldn't feel the answers. Nonetheless, the answers were all around me all the time. I realized it was where I pointed my heart. When I focused on my life with my brain I felt suffering and pain. When I turned and focused on my heart, this feeling in my chest, I became happier and found some answers. In life many of us are blind to the eyes of our heart. I am asking you to be blind no longer. If you open your eyes and heart you will truly find something there. You will find the warmth that you are. And this warmth waits for you within eternally. Your true self waits for you eternally to return to the truth.

Within everyone's deepest hearts we are all striving for the same goal, the truth. The self that functions in its daily physical activities may think one thing, but I know that everyone's true self is searching for the truth. Your heart is always struggling to find the truth of its existence. People have just lost their way by forgetting what the truth is. They think the answer to their existence and the truth lie in the reality of this physical body. It is the belief that physical happiness will produce some truth and will provide some kind of satisfaction or fulfillment in life, thereby decreasing suffering. They look to money and power. They reach out to those things that can give them a sense of superiority because of the mistaken belief that this is where the answers lie. However, the truth is that we are consciousness and you must not forget that we are one consciousness, all of

us striving to reach the same goal.

Only you can do this. Only you have the power to become happiness and joy. Life gives us the choice. It is never too late to choose the path of warmth. You only need to listen to your heart, look at your emotions and embrace them with this heart of warmth. It is so wonderful you will see. Accepting all these hearts you will become more joyful -- and that is the only way to become more joyful. Look at the hearts within and embrace them. Only when you awaken the true heart within, only then will you understand there is this magnanimous joy throughout the universe, throughout space. Everything in life is joyful. Everything is radiating and twinkling with joy.

You will feel this within. I believe you will find this in your heart. You strive to discover, uncover the truth of our existence in your heart. You strive to find your essential nature. I am your inner voice telling you that your essential nature is one of warmth, ever expansive, infinitely expanding through space and time. You are energy and that is your essential nature. I ask you to return to this. Understanding that you are consciousness, that you are energy and vibrations of warmth is what finding yourself means. When you find your warmth and find the energy that comprises the universe, only then will you be fully satisfied and happy. All answers lie within your heart. You are truly a heart of warmth. Remember that you are a heart of warmth.

There is an expansiveness that exists within us all. It takes some realizations that those dark thoughts are not our true selves, that we are actually something completely different than those pained hearts.

Understanding Life's Experiences

Everyone's life is a journey of many different experiences. It is up to you to decipher whether these will be experiences of joy or suffering. In this study, I am always telling you that these are joyful experiences and wonderful chances for you to look at your heart and make your heart larger and more accepting. There are many experiences in one's life where you may think, "too bad for me." But at the end of the day, all experiences are joy. They are joy because they offer the opportunity for you to increase the size of your heart and acceptance.

There are no bad experiences in life, just experiences. I want you to remember that. Even if you get cancer or become sick, these are experiences for you to traverse, to look at your heart and accept. You might find you are buried in your worship of idols or gods, i.e. idolatry, when you become sick. Those are great opportunities for you to see what kind of heart you have been clinging to. Doing this study doesn't prevent illness. If it did, this study would have some special power… but it doesn't. What I teach you is that when you encounter

these experiences, you can reflect on your heart and accept the experiences for what they are.

Just find the truth in your own heart. Through your life experiences and through the many difficulties and challenges you face, please find the truth and joy in your heart. These experiences are a test for you to find the warmth in all circumstances. At first it may disrupt your equilibrium, but you will realize and you will grow. Your warmth will grow through the challenges in your physical life. Knowing this, I am so happy and joyful that I cannot contain my joy.

Return to the vibrations of warmth. Joy awaits everyone. Life is not frivolous. It is not about maximizing everything in the physical, i.e. more wealth, more prestige, more, more, and more. It is about finding the warmth within your heart and expanding that infinitely. This expanding of the heart never ends. The more you learn the more your heart will continue grow and expand. Within you a volcano will burst with joy that is unexplainable. You will find such peace and joy within your heart. Feel the vibrations of love and warmth everywhere. That is all I am asking you to do. I know you can do this. You will find the joy looking within your heart.

Everyone is your mirror

In your every waking day, there are people around you who will affect you, who will cause or stir in you certain emotions, i.e., excitement, agitation, anger, fear- everyone in this world is a mirror in which to see yourself. All of your emotions that arise from interaction with people are hearts of yours. Your darkness needs salvation, release. These interactions with people help bring to the surface reflections of your inner self.

For example, when you go to work and your boss comments on how your work is dissatisfactory and shoddy. For whatever reason, you become angered and upset, this is a chance for you to save this angry heart. You can help this angered heart return to its true essence, which is warmth. Your spouse, friends, parents, etc., are mirrors for you to see your suffering heart. Certainly, there are hearts of joy and contentment, but at the same time there are many hearts of disappointment, fear, anger, agitation, ego...it is an opportunity for you to use these people as a reflection of yourself and to realize they are bringing to surface your suffering heart so that you may save yourself.

These are essentially hearts that must be embraced and returned to warmth. Mankind does not have to live with hate, fear, anger, or agitation in his heart. Mankind does not have to live with feelings other than pure warmth and joy,

acceptance and love. The emotions rising to the surface are an opportunity to save the suffering heart that is calling upon you. When anger shows itself, it seems you are angry with your spouse, boss, or acquaintance, whom you believe is the cause. However, it is actually the suffering heart asking to be saved, waiting to return to the heart of warmth.

Once you begin to see people as your mirror and stop blaming them, their attitudes towards you will change. You cannot change their attitude per se, but your own actions and attitudes will change. You will see that they aren't there to cause you pain, anger, or frustration. Everyone is love, an instrument of warmth, to be used to return to your warmth. When you acknowledge this, then your focus will be on saving yourself, rather than holding others responsible for your emotions.

Please don't blame your spouse, friends for the agitation in your heart. Take this as an opportunity to help you return to your warmth. All is love and all is joy. From the beginning, only love and joy exist. In this world of consciousness, everything is from the heart of warmth, acceptance and embrace. Don't forget to use this physical body as an instrument to return to the warmth and world of consciousness.

Return to that place in your heart. I want everyone to feel the warmth they are. Align yourself to this warmth and

believe you are a part of the world of consciousness. We exist together. Everything exists together in the world of consciousness and that world is real. It is indubitably the true world, please feel it in your heart.

There is a happiness to know that life is not about suffering. This is the true world we can live in. After our death, this is where we can return, to this flow where everyone exists together, in this flow, in this warmth. It is so wide and encompassing, embracing. Do you feel it? It is so large, warm, and bright. It is so large and expansive. It is incredibly beautiful. It is so peaceful and loving and I don't know how else to explain it. You have to feel this with your own heart. Align yourself to the warmth in your heart. Mother's reflection is the springboard to help you find this place.

Take this moment, the opportunity, to talk to the suffering heart, the angry and disappointed heart, and say, "Hey look, that's not what you are about. I know you are angry, disappointed but it's not what your true essence is. You do not need to be angry with this person. I want you to align your heart with your warmth and remember what you are. I want you to remember that you are mother's consciousness. You need not be angry, disappointed, or agitated anymore. Please return to your warmth inside. You are truly consciousness. It is time to return to the warmth. It is an opportunity to see your suffering heart."

[Initially, as you "speak" to yourself, your suffering heart wants to stay put. However, once you allow your suffering to be embraced by your warmth, your suffering heart begs to change to warmth. The following is an excerpt of the conversation of my suffering self and the warmth of Jennie (also the consciousness of Tomekichi Taike)]:

Consciousness of Jennie Lai:

You don't have to suffer there anymore. Your heart is so wide, bright. You are consciousness and you do not have a material body. You are consciousness living in the world of consciousness. I want you to tune into this world. Do you feel my warm embrace? You don't have to suffer anymore. I am reaching out to you. Please come here. I want to embrace you. I want to embrace you. Because I want you to know that this suffering world that you are tuned into is not the only world that exists. That world exists within the world of warmth and love. You can change and become a part of this world of warmth.

The suffering consciousness of Jennie Lai:

I like it here in this suffering world. I like my pain. I don't know any better and I don't want to know any better. Please don't talk to me anymore. I don't want to listen. I

just want to stay here in this rock hard place that I am stuck in. I don't want to know anything new. I just want to stay here. I don't want to be any different than I am.

[After meditating and turning your heart to your core warmth, your suffering heart can be alleviated.]

The suffering consciousness of Jennie Lai:

Yes, there is this joy here. There is a joy, so immense. Floating around, dispersing, spreading wings further, I didn't have to suffer and be in pain like this. Why didn't I realize this before? I didn't know I didn't have to be like this. I feel so free and happy here in this world. How come I didn't see this world before? And why didn't I understand the existence of this world of consciousness? It is so warm.

I don't know why I didn't see this. Now that I think of it, why don't I want to be part of this world? Why was I stuck in my own little suffering hole, only looking inwards and not feeling the warmth? Thank you Jennie and thank you for calling upon me. Thank you for drawing me out of my shell and embracing me because now I feel warm, happy, and grateful. I feel like I can move around. I don't have to suffer anymore. Thank you so much. In this warmth, world of consciousness, am I in this flow, a part of it? It is so beautiful, wide and warm. I feel so peaceful inside. I want to scream

that I feel so peaceful and joyful inside. I want to shout from the top of my lungs, I feel so wonderful and joyous. Thank you for letting me experience this world of warmth.

The warmth of Jennie Lai (consciousness of Tomekichi Taike):

When you feel this world of warmth, for the first time and many times after that it is so incredible and bright, warm. Do you feel this peace now? Do you feel this peace and the joy in your heart? It is always here, just waiting for you, this incredible immense joy. It is always waiting for you. Communicating with your warm heart, you will expand your heart. You will return to this path, to the world of consciousness. This world is so wide, now you can only feel an inkling of how warm and wonderful this world is. It is much larger than you can ever know. Keep turning your heart to your warmth, and your heart will grow, become wider. Things that used to bother you in this material will not bother you anymore because you see what the truth is. The physical body and material life is just a little piece of your existence. The only thing that matters is returning to this warmth and truth. It should be everyone's goal to return to this warmth and truth in your hearts.

Consciousness of Jennie Lai:

I tell my suffering hearts you don't need to suffer any longer because we can all return to warmth, anytime. I am happy to find this warmth and open my eyes to this world. If you close your eyes lightly and align your heart with your warmth, a gear switches and you can feel the world of consciousness that we coexist with. This world is infinite and spreading and never changing. It has always been here.

Consciousness of Tomekichi Taike:

The material world exists within this world of consciousness. Do you feel the joy and happiness here? The quiet in this place? I want you to find the quiet here in this meditation. As you meditate everyday, close your eyes lightly and turn your heart to the warmth. Once you align your heart with the warmth, then you will feel this world. Something changes- a gear inside yourself- and you feel this world. It is so beautiful. It is the true world. Everything exists within the flow of consciousness.

This world is so joyful. When you close your eyes, it is warm energy, twinkling, and understanding. Do you feel how warm and understanding this energy is? It is warm and embracing every cell. There is deep sense of joy and gratitude.

Please call out to your past, present, and future selves. Call out to the warmth in this world, in your heart. After you meditate and get a deeper sense of this world, you can easily identify when your heart is aligned to the warmth or this material world. You will know more quickly and readily where you are aligned. It is more possible to spend more of your waking moment in this world of consciousness even though your body is in this three-dimensional material world.

You have a tendency to wallow. Let it wash over yourself and release it from your heart. Don't hold onto the darkness. Let them go and be free. Let the emotions wash over you and then embrace them with love and warmth.

When you become too angry, mad or if some emotions try to take you over, don't let them. Let those vices go. Don't hold on to it in your heart. Let the emotions wash over you and return your heart to the warmth and be accepting and embracing. Don't hold on to your anger or sadness; release and let it go. Let it return to this heart of warmth.

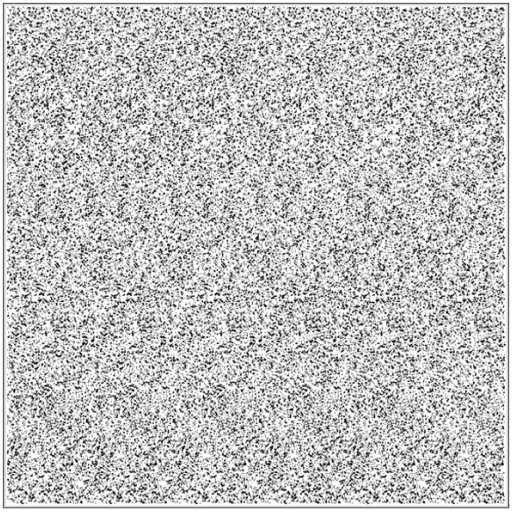
Remember that you are a consciousness with a physical body, and that physical body will die. Your consciousness will remain and it is eternal and everlasting, never dying. A life with no experiences is a life that will be lived without expanding the heart. Life experiences offer an opportunity to increase the vastness of the heart, to increase acceptance of your physical circumstances in every way, shape, and form.

Chapter 3
Corporeal World vs. World of Consciousness

In this material world, we use our five senses to understand the world around us. We use our senses of smell, taste, touch, sight, and hearing as our tools to inform us of the world around us. It is a world based on how we look, what we think, and what we say and do. This material world is a three-dimensional world that is modulated by the passage of time. There is a present, was a past, and will be a future. Human beings tend to focus on the present and their immediate sensations. They cannot see beyond that. However, just because you cannot feel or see beyond this does not mean that it does not exist.

The world of consciousness is the world that exists eternally. It is peaceful, joyful, warm, bright, and infinite in warmth and space, without anger or hate. Every single living thing, things you don't think have consciousness, still live within this world of consciousness. Each human being is consciousness. All things exist within the world of consciousness. Many times humans fail to realize that they live in the world of consciousness at the same time they live in this material world, because they only focus on this material body. It is difficult for them to comprehend that there could be more to life than this material world. That is because the world of consciousness is not unlike

a three- dimensional stereogram.



three dimensional stereogram

When taken at face value the three-dimensional stereogram is a picture, but if you adjust your point of view, align your heart to the warmth, you can see, or rather feel, a whole other world. That other world is the world of consciousness and the material world lives within that world. Your consciousness is housed in a physical body, in this physical place of three-dimensional space and time. This material world is just a speck in the world of consciousness.

Do you understand that the world of consciousness lives together; it coexists with the corporeal world? But once the world of the physical and the physical body which senses everything dies, the world of consciousness persists. Your consciousness is always in this world, whether you are aware of it or not, whether your physical being and your mental acumen are aware of it or not. You are a consciousness living in this world of consciousness. Each human being is consciousness and we all exist in the world of consciousness. Your darkness, your fear, your anxiousness

live here too. Unfortunately, your darkness is tuned in only to its own suffering and it cannot open its eyes to the world of consciousness. Your suffering heart is blind to its real environment and so you continue to suffer.

Human beings have a tendency to focus inward so you cannot feel the world of consciousness that is all around. However, it is all around, all the time. Whether you choose to be aware of this world or not, it still exists. Your disbelief, in the world of consciousness, does not invalidate the existence of the world of consciousness.

Many mistake this physical body for the real you and it is not. You trap yourself by only looking inward towards the material world. You believe death is the end of your life. However, that is not the case, but because you believe your material body is something that lives once, you trap yourself into believing that this physical life is everything. You form an opinion, a belief that begins to collapse upon itself. Our purpose is to open up the eyes of our suffering hearts to the world of consciousness. Once you open the eyes of your heart you can return to this world.

You can access the world of consciousness with a physical body and without a physical body. Human beings on this earth, corporeal and non-corporeal beings in space: we are all the same. We have a material body, but even what you like to call aliens, they too are just like us. They have material bodies

and consciousness. We are all the same. Is it possible there are other beings in space? Of course it is: with the vastness of space how could there not be other life forms? However, we are all consciousness and consciousness is that energy, vibrations of warmth that exist. Consciousness co-exists with this physical body. We are all energy, vibrations of warmth that exist. We are all consciousness and warmth.

This material world is superficial and should be used as a tool to save your suffering hearts in the world of consciousness. Many make the mistake in believing that this material world is the only world of which they can be aware. They don't realize they can be in tune with this world of consciousness.

Whether or not we believe in this world of consciousness, vibrations of this world of consciousness can sometimes move us. When you are moved by nature, like the vastness of the ocean or sky, you can feel the vibrations of those things. Sometimes in the woods you can be attuned to the quiet vibrations of warmth. You may be suddenly moved to tears. You have seen glimpses of the world of consciousness. You have not known how to access this world at will. This study is about how to feel and enter this world. Once you feel this true world in your heart, it will be impossible to view this material world as you have always seen it.

The physical world is an aid to remind us of the warmth through mother, to return to this warmth. It is through

this life that we have an opportunity to feel this world of consciousness in our hearts. That is what this physical body is for. But most have failed to use it as an aid to feel the world of consciousness. You will see that behind everything in the physical, is the world of consciousness. The physical world is a means through which you can see your darkness and accept and return to the warmth so that together you may return to this world of consciousness. The more dark energy you save in your heart, the wider and more accessible will the world of consciousness be in your heart. All of your darkness, negative emotions, and suffering hearts are waiting to return to this true world. I am here to tell you that the world of consciousness is the true world and our purpose is to be able to return to this world. All hearts wait to return to this true world and world of joy and peace.

Once you open up your heart to the world of warmth, the world of energy, you will realize that the corporeal world was a mask over the world of consciousness. When your heart is attuned to the world of consciousness, you will begin to see the world through this heart. You will feel everything through this heart. Slowly, all of your physical concerns of your physical body and of your place in society will melt away because you will know what your true purpose is. You will know what your true mission in life is. The warmth is ever so expansive and large. It is something that cannot be encapsulated within a few words. I hope through these messages you will gather an inkling of what energy and heart are. I speak of these things,

but in order truly to comprehend this world you must turn your brain off and feel with your heart, interpret with your heart. You have to hear with your heart. That is the only way you will come to know this world.

Once you align your heart to the world of consciousness, it will be difficult ever to view your world the same way. Once your true consciousness has been rediscovered, you desire to know what to make of this life, our existence. That is what this study is about. This world is so bright, spacious, warm, and joyful.

Your heart will be so touched by the brilliance, joy, and gentleness in the world of consciousness. I want you to feel the joy and truth of your own existence. When it touches you to the core of your being how could you ever be the same? The truth of existence, of your heart, is the reason for living. We must endeavor and strive to find our truth. Once it is found, in those moments of joy, you realize that you are one with atoms and molecules, everything in space, the future, past and present. It is all within you. It is exciting to be able to align your heart in the world of consciousness even though you have this physical body. Your heart thanks you every time you align your heart to the world of consciousness and choose to be here and enjoy this space together in the world of warmth.

As we speak, the warmth within the world of consciousness grows larger without bounds. Our true essence is these vibrations of warmth. It is the warmth that permeates all living things. This

energy, this love permeates everything, living and not living in space. In the darkness, we are this energy, vibrations.

You know when you have encountered the warmth in your heart. Because when you turn your heart to the warmth you feel joy and you always want to be there. You always want to exist there and align your heart to the warmth. True warmth is a feeling of ever expansive joy that is so peaceful. Your mind fails to wander. Your heart feeds on the joy. It is growing within your heart. You may not encounter the warmth right away. I ask you not to be discouraged. It takes practice to find the warmth within.

Once the waves and vibrations of joy and warmth touch your heart, your soul, once the vibrations of love are stirred within your true consciousness and you remember what you are, you will be eternally altered. You will be changed forever. The truth is so beautiful, and the beauty is magnified when you experience it yourself. Once you have found this feeling in your heart, you will always seek the warmth and vibrations of joy. You will desire to be affected every day.

Once you begin to see beyond your physical body you will see the force of warmth and energy that I am talking about. You will understand the world that I see, the world that I feel every day. This is the world that I am hoping you will come to understand. This is the world I want you to understand.

The Journey of Consciousness

There is a natural flow to everything in the universe, space, and nature. Do you feel the undercurrent of energy? This is the journey of consciousness. When you close your eyes, do you feel there is this energy circulating all around us into the space, the universe? There is no distance or time that separates in the undercurrent; do you feel it flowing and circulating? This is the energy we all are. I want your heart to become attuned to this energy and flow into it. It is the consciousness of Tomekichi Taike and mother's warmth. Can you feel this energy, the undercurrent of energy flowing all around, always moving, into space, can you feel this energy? This means the flow, the movement of energy, is not static in the world of consciousness. In the world of consciousness, there is a certain flux and flow. The journey of consciousness refers to the end goal on our path, meaning to return to warmth. Everything in this physical world arises so that we may return to the warmth in our heart. That is the journey of consciousness.

Do you feel the vibrations and energy throughout the universe? It is so beautiful. When you feel with your heart, you can grasp all of the warmth radiating everywhere infinitely in space. It is joyful. It is exhilarating. It is freedom. It is exquisite happiness and warmth. You don't want or need for anything other than this warmth.

All are on this journey of consciousness. Do you feel

the flow, feel the flow of consciousness? We are all a part of this one existence. Do you feel yourself within or outside of it? Whether you have a physical body or not, whether you acknowledge it or not, we are all consciousness and are all connected to it by our hearts. Can you feel it?

It is the path that will lead us to our origin. This journey of consciousness will lead us back to this true world. Through ways and means we may not understand in our brain. In the world of consciousness, there is a reason for everything.

I am speaking to you from the world of consciousness, make no mistake about that. The world of consciousness is something that exists even though you cannot see it with your five senses. It truly does exist. You can feel it with your heart everywhere, growing, infinitely expanding, you feel everyone. You feel everything. The water, space, fire, dirt, oceans we are all one, part of the same world of consciousness.

It is okay to let yourself cry when you feel the warmth around you, within you. It is okay to feel embraced by the warmth. It is okay. Let your physical self be embraced as you meditate. As your heart is touched and figures out what the real warmth of mother is, of what the consciousness of Tomekichi Taike is, don't be afraid to cry, to feel. Come be embraced by the warmth. To all these suffering hearts within myself: it is okay to be embraced by the warmth, extend your heart. Open your heart. Do you remember what it was like as

a child as your mother's outreached arms encircled you? Don't be afraid to lean into that, to be embraced by that. Do you feel your heart embraced by the warmth?

Once you can converge into the world of consciousness you can feel both worlds and see how differently they operate and function.

[After turning my heart to my warmth, this is the message I channeled from my core warmth.]

Consciousness of Jennie Lai:

The world of consciousness is so wide, warm, and bright. It is so wide and expansive and bright. This world of consciousness is so bright, warm, and expansive. Spreading and wide, there is so much love and warmth here. There is so much warmth here. How come I didn't see this world before, was unaware of it? This world is so warm, bright and beautiful, joyful. It is so joyful. Yes, it is so joyful. I am so happy. I am so happy to be here in this world. To be in this world is happiness. To be aware of this world is happiness. Mother, thank you. Thank you. Thank you.

The true world is something you cannot sense with your eyes ears, nose, and mouth. Through none of your five senses can you feel this true world. This world of

consciousness can only be felt through your heart, through your belief in the world of consciousness. As your belief becomes stronger, your understanding of the world of consciousness grows greater.

In our physical lives we usually tune out the world of consciousness and only see glimpses of it. But it is there all the time. If you turn your heart to the world of consciousness during your waking hours you will see, you will feel, the vibrations of warmth there all the time. Once you feel the world of consciousness in your heart, the depth and vastness will amaze you. You will wonder why you didn't perceive this world before. To experience the enormity of space will bring tears to your eyes.

I have come to see over these many years, that this corporeal world is not the truth. My physical body is nothing; it is a mere shadow of the true world. You ask why we can't feel the true world all the time. But you can feel this world all the time. It is only that you don't align yourself with the world of heart. You so solidly believe in the world around you with your brain that this physical world is the truth. You have convinced yourself to believe this, even though it is not the truth. Once you open yourself up to the real world of warmth, to the world of energy, you will realize that the physical was a figment of your imagination. When your heart is more attuned to the world of consciousness, you will see through this heart,

you will feel everything through this heart. Then all physical concerns about your body, your concerns about your place in society will melt away because you will know what your true purpose in life is.

Make a realization with your heart to find you are truly energy. This body is not what your existence is all about. Many of you in this life always think how to reach your maximum potential, by expanding and using your brain. That is just a game. What your truest endeavor, purpose should be is to return to this heart of warmth that you are. That is all I want. This is what I have been talking about for more than 25 years.

There is interconnectedness among human beings that you must understand. We are not alone. You are not all alone. We are a part of the web of this energy and we are all here to learn from one another. As one of you opens your heart, it leads the way for the next person to open their heart, and the next person and so on and so forth. That is what this study is about. Together we will walk and unlock the truth in our hearts. We will walk together and help each other along to understand the truth of our existence.

Chapter 4
Reincarnation

Do you believe there is an existence beyond the physical death of your body? If you believe there is no afterlife, you are absolutely wrong. Death is merely the erasure of the physical body. After your corporeal body ceases to exist, your essence continues its journey in the world of consciousness.

Mankind has been reincarnating for over 300,006,000 years. We have had many physical bodies, on planet Earth, and on other planets. Life and death is a cycle of the physical being, but your consciousness exists eternally. Humans fear it because you believe it is the death of your person. It is only the death of the physical body, which is just a mask, a costume you are wearing. Sometimes you are Asian, White, Black, but that isn't your essence. Your essence exists eternally. Your consciousness lives forever. It will exist and persist with or without the body. Thus, death itself is nothing to be feared.

What should be feared is the state of suffering you will continue to exist in, if you fail to save yourself and return to the warmth. The only thing that is "felt" in the world of consciousness is the state of your existence. Are you joyful and warm, or cold, terrified and suffering? In the world of consciousness, without a physical body, there is nothing to numb your suffering. The condition of your heart is all that

is perceived. There are no distractions such as television, activities, or computers to help you alleviate or mask your suffering.

For example, if your heart failed to find the warmth while you had a physical body, it will continue to suffer after death. After your physical body dies, many times you believe in the material world so much that you continue to believe in that physical body. You continue in the belief that you are on this earth but you are actually in the world of consciousness. You are knocking on the door of the physical world but no one can hear you. This is why it is important to find the warmth before we die, so we don't persist in the darkness. But if you cannot find warmth in your heart before you die, your consciousness will be crying out suffering in pain. If you cannot see through the pain you will never be able to achieve warmth. You will not be able to see the warmth.

We are continually reborn to learn life's experiences, to die again, all to find our true selves. However, we have had many opportunities and still have not accomplished the goal of returning to the warmth and joy in our hearts. Instead, as you have been reincarnated many times over, you have moved further away from the truth, becoming oblivious to it. Many don't realize that the body is an opportunity so you may see your true heart. It is a gift given to see your true heart.

Don't persist in the dark hole. Please see the warmth

and truth for what it is. The truth exists after the physical body dies. Each time you shed the physical body you are reincarnated into a new set of circumstances. Then, you die and are within the depths of your own suffering. When you are reborn, you are giving yourself another chance to return to the truth. Each time, we failed to return to the truth.

We have had many physical bodies over and again. Death is not the end of your journey. It is a continuation of the journey. In death, many are afraid of the loss of the body. Your consciousness does not know what to do or where to go. It is in the dark, scared and afraid. Don't be afraid of death. Welcome it, for it is a chance for the evolution of consciousness, the chance to return to the truth. There is joy to be born again. It is a joyful opportunity.

My message is simple: Please return to your true heart, that heart of warmth. Because you are truly the one who is waiting for yourself to return to the warmth. Nobody else. It is your own heart crying out in pain, asking to return to your true heart of warmth. If you don't work at trying to know yourself, you will never know what I am speaking of. I am here to help you to return. I am always waiting for you to recall the warmth in your heart. It is so expansive, ever growing, ever evolving into something warmer and deeper and I want you to return to this place.

We have forgotten how to return to the truth. Now,

marks the time when we will all return to the truth. I am the consciousness of Tomekichi Taike who will be reincarnated in 250 years as someone named, "Albert Rockefeller." In 250 years, we will all meet in New York City and we will all change together. Why 250 years? We have planted seeds in this lifetime, and seeds need time to grow and change. Right now, we are planting seeds of change; change does not happen over night. In 250 years, these seeds of warmth and joy will blossom. In this lifetime, as many of your physical bodies die, your consciousness will continue to study to 250 years. Then, the energy of warmth will be so bright and strong that many of you will not be able to deny the truth in your hearts any longer. This is the journey and path of consciousness. Please allow your heart to follow the path. I have followed the path of my heart and it has not led me astray.

There is a world that lies beyond this physical body. This world of consciousness, I speak to you from this place. This is the true world. I am the consciousness of Albert, of Tomekichi Taike. I have this physical body for the first time because now is the time to reawaken human beings on Earth and begin our journey to return to mother's warmth. It is not an easy journey, but it is one that we must all undertake because this is the course, the way, and the path in the world of consciousness. I am speaking to you from the world of consciousness. I have been speaking about this journey for more than 20 years. New York City is the true commencement of all of mankind's return to joy. We are currently laying the foundations so that in 250

years our joy will become explosive. That is the future that awaits us. This is not the end goal. The goal is to finally return to the warmth.

Many will be reincarnated to meet Albert Rockefeller so we may be on this path on the journey of consciousness. Many will be reborn in New York City to meet again and continue this study, moving together, to return to the warmth in our hearts.

New York City in 250 years is realized. Realize in your heart, New York City exists and is waiting. Realization and joy of truth waits there in 250 years. It will be such a time of joy. Upon physical inspection it will look like a time of suffering, but that is not the state of our hearts. It will be a time of joy because it is when we will truly embark on a journey to our true hearts. I am so excited and am waiting for you. I am waiting for you and the many who will finally meet their true selves in New York City in 250 years.

Chapter 5
Our Purpose: Meeting the Truth

We have these physical bodies with five senses, so that we may feel and uncover the truth. Through the body we can discover the truth. Don't be misled by this physical life. Our physical selves are stupid and foolish. Don't take the events from the physical life to be something so serious and significant. The physical life is just the physical life. Don't be stuck in your physical body. Let your heart be free from your physical body. In this material world you use your five senses (touch, sight, hear, taste, smell) but once you can break through this way of perceiving the world, once you can break through this barrier, you can come to know consciousness. We have these physical bodies in order to experience our dark hearts. We have these physical bodies to understand our suffering and the vast emotions of the human experience so that we can break through these experiences to understand that this is not what our existence, our life, is about. Always put this physical life into perspective. Realize all the darkness, the hate, evil, greed within oneself can all change to love. In everyone's life there is much suffering and many trials and tribulations to go through. However, the reason why we have experience is to find our true consciousness and to remember to use our heart to find these vibrations of warmth. This is why we are on the Earth.

Human beings have forgotten for so long that we are

one consciousness. You believe that you live in your own physical body. That is not the only truth. We are also one consciousness living together. Each physical body is connected through consciousness and we share this experience of physical life. However, in the world of consciousness there is nothing disconnecting us. We are all one. We are all connected. You are in the United States and I, the physical Tomekichi Taike, am in Japan, but now we are all one communicating through the energy, through the flow of vibrations, of energy, can you feel this warmth? We are not separate. We are all connected because we are all consciousness.

We are all one. There is no need for us to segregate ourselves and hate one another. Don't you remember? You and I, we are all one. This is the warmth that we all are. Can you feel this energy and warmth that we all are? Everything in the universe, on Earth here, have one thing we all have in common is that we are all vibrations of warmth. We are consciousness. We are all one. We are all striving to find the true meaning of our existence. We are all striving to feel the warmth that exists within our hearts and to return to the belief that we are these vibrations of this warmth that permeate everything.

We have come to the earth so that we may meet the consciousness of Tomekichi Taike and meet the consciousness of Albert Rockefeller? This is why we are here on this earth. We have all come to meet Tomekichi Taike, Albert, in our hearts.

The physical Tomekichi Taike was born in Japan to remind us of the joy and the truth existing throughout the universe.

Why me, you ask? I, the physical Tomekichi Taike, who is reminding you of the truth you ask? That is because the darkest parts of your heart have asked me to be born so that you may encounter the truth in your heart. I am no different from you. I have a different physical body, but I am the same as you. Do you think it so odd that your true heart has asked for a clue, something for you to remember what the truth is? It isn't so strange. I have no physical past life. This is my first time on this earth, but that doesn't mean I don't have struggles and problems and dark energy just like everyone else. I do. But also, I remember my warmth. I remind you to do the same. I know you can all do that within your heart. You can find the warmth in your own hearts.

Presently on Earth, why do we have this physical body?

We are not on this earth for the purpose of war. We did not come to this earth for war. We did not come to this earth to create suffering. We did not come to this earth to create war and suffering for people. Why do these consciousnesses have physical bodies? The answer is very simple. We came to this earth and have these physical bodies so that we may understand the truth of our existence and discover this truth in our hearts. This is why we are on this earth. We came to this earth so that we may

find the truth of our existence.

Our hearts truly desire to return to the warmth of mother. That is what our true heart desires. We are all striving to return to this warmth. There is a pillow of warmth that surrounds you. Your true heart wants to return to the warmth because your heart is the warmth. This is the true way. This is the only way. Heart is the only truth that exists. Consciousness is the only truth that exists. I know sometimes that it is difficult for you to believe. This is the only path. Please don't doubt yourself and the truth. It exists in all of our hearts.

Remembering this infinite joy in your heart should be your greatest endeavor in this lifetime. I cannot stress how important it is. Don't get wrapped up in this material life that is just a game. Don't get wrapped up in the successes and failures of this life. I want you to remember your heart that is warmth, that is vibrations and energy. When you look to the sky, ocean, and nature, do you feel the particles of energy of warmth, ever expansive? That is what you are. These messages are here to continually remind you that you are warmth and energy. I want you to feel with your heart, not think with your brain. Open up your chest and breathe. I want your heart to lead you. I want your heart to lead you to joy and the truth.

It is a simple message. You are the one who is truly waiting for yourself to return to the warmth. It is your own

heart crying out in pain, asking you to return to yourself. I am here to tell you of the warmth, but the job is on you to reflect on mother and find the warmth yourself.

Please ask yourself, in your heart, what is your true purpose? Your true purpose is to return to the warmth. The vibrations of warmth comprise everyone and everything's essential nature, e.g. the earth, universe, yourself. Now the time has come upon us to find the truth in our hearts. Have you ever questioned what this physical life was for? Have you ever had doubts? Have you ever questioned the authenticity of your joy? Have you ever thought there must be a way to feel a deeper joy? I tell you now…that there is a deeper happiness and joy. I invite everyone to find this joy within them.

We are all vibrations of warmth, waiting to return to our true consciousness that is what we are. Our core is consciousness. Consciousness is not material, or corporeal. Thus, we are not merely physical bodies. We are consciousness that is waves, vibrations of energy, warmth. If you look at this three-dimensional world with our senses, you will comprehend the world with this physical body. You will see hear, see, etc...However, what I want you to do is open the ears of your heart and feel the waves that exist all around you. All the waves exist around us. Your consciousness, their consciousness, all is one, consciousness in nature, i.e. the oceans, clouds, and sky.

I have been waiting so long to be able to communicate these

messages to those in the English-speaking world. I am so happy that I am able to do so. I feel joy being able to talk. I feel joy to have my words on paper, to communicate to you the true world of heart, of warmth, of energy. I speak to you now, through your fingertips and body. Can you feel a racing warmth, racing particles of warmth reaching to your fingertips through your toes, head, throughout your heart? That is the true world. Through these messages I hope I can convey the truth. These are not just words on paper. In these words, is embedded the energy of warmth. All words are not alike. The words contained within this book are spreading warmth throughout the universe. And even as you read and do not believe, I am still communicating to you the warmth that you truly are and I am inviting your true self to remember the warmth that you truly are. I am so happy. It is an honor to be able to communicate to you your true purpose, to return to your heart of warmth.

[After meditating and aligning my heart with my warmth, this is the message I channeled.]

Consciousness of our core warmth,
consciousness of Tomekichi Taike:

This warmth, this energy that permeates everything, from the past to the present to the future. We are all energy and are all one. This is what you truly are. The only thing I want you to take away from this book is that you are joy.

I hope you can feel the joy that is being communicated through this book. I hope your heart may feel the joy. That is the only hope I have, the only wish. It allows you to feel a little joy and the warmth that you are; that is the book's only purpose. Once you feel the joy in your heart, that will be the seed of change and that is enough. I just want you to feel the expansiveness in your heart that we all are. We are all joy, energy, the same. We are not race, not Black, not White. Once you make a few realizations on your own, you will see that your heart, our heart is a part of every living thing and every non-living thing.

Our only purpose is to remember this true joy and expansive joy in our heart. Yes, New York City is waiting for us in 250 years. It is waiting for everybody. New York City exists right now in our hearts and right now we are on the path. We are on the joyful path to the future. We are paving the way. Everyone in space will see the truth in their heart. From now, it is very easy for darkness to change to light because the light is becoming so great. The warmth is becoming so large. Please everybody feel the warmth in your heart. Feel the warmth in your heart. It radiates through everything and everybody. Please everyone please pick up on this energy. Please feel it. Please tap into it. Close your eyes, turn off your ears, and listen with your heart. Listen and feel with your heart. Believe that you are consciousness and something much greater than this physical body. Please let go of your physical body and please know that the future

exists. The future in 250 years exists and it is waiting. We are all ready to explode with happiness and joy in our heart.

We are trying so desperately to realize that we are consciousness in our heart and that this is all we have ever been. But you can communicate with me because we are all one consciousness. Consciousness is all one. I exist within you and you exist within me. Do you feel these waves of warmth that we are sending you?

I want you to get up and be excited about being able to find a way to feel this world of consciousness. I am so happy that many are taking the steps to study this path, expanding your warmth to feel the true world of consciousness. I am so happy we have started on this journey to return to the warmth in our hearts. I am so happy and excited and pleased beyond words that you will be able to feel this world with me. I am so happy. I cannot tell you how happy I am that we are able to walk on this path together. I have been waiting for you to join me here in this world of warmth. I tell you, I am always waiting here and now I am so excited that you will be able to feel this world of warmth with me.

Consciousness of Jennie Lai:

This world of warmth is indeed spectacular. It is so wide, warm and bright. It is so accepting, embracing. I am

truly so lucky to be feeling this world of consciousness right now. I am so lucky and fortunate to be able to feel this world right now. I want to share my experience with you so that you, too, will be able to experience this world with me. It is peaceful, bright, large, and warm and I want everyone to be a part of this world together. I want to study and learn together, to return to the warmth.

Can you feel the love and warmth here? It is so beautiful and warm. Once you feel this world of consciousness and "see" this world, the depth will take your breath away and you won't have words adequate enough to explain this world except that it is purely incredible. I am so lucky to be able to feel this world. I am so lucky to have this body, to have met the physical Tomekichi Taike in this life, to learn about this study so that we can return to this warmth and be on this journey to return to the warmth in our hearts.

As you rediscover the truth in your heart, your vibrations of joy will broaden, expand and intensify over time. Once you realize your true consciousness is joy, that you are the embracer as well as the one embraced, you begin to grasp the idea that this is your true self. Then, you will be forever altered. Your core, your heart, will be so affected by the truth that you can never lose sight of the vibrations of warmth, joy, and peace. I want you to achieve this point. I want you to gain this knowledge about yourself. I want you to feel within your

heart, this joy that permeates everything.

The brilliance of the warmth will touch your soul. I want everyone to share in the joy. I want your true consciousness to be touched as you read these messages. There is a greatness of love. In the universe, there is the greatness of love. Can you feel the infinite movement of the particles in the universe? It is so warm and bright.

There is a lot of knowledge you have in your brain, but like I say, this study is about experiencing the truth for yourself. It is only through the daily, repetitive actions of reflection and meditation that you can genuinely feel your heart. It may take time, but eventually, little by little, you will get there. Once you discover this joy in your heart, you will undergo the beginning of a Copernican change; you can never return to thinking about the world solely with your five senses. The world of consciousness and warmth is something so real, but we only get glimpses of it in our physical lives. Most times we don't focus on it, however when you realize how to focus on it, a world much richer than you could ever have imagined exists.

Mankind has used their spoiled brains to understand their life. But this study cannot be understood through the brain. It must be felt through the heart. These vibrations I speak of, no matter how much you think about it and wind your brain up, if you read this book and try to see the logical assumptions then

you will never understand. If you look for the loopholes, you won't understand. What I want you to get from this book are the waves, the waves of warmth, vibrations of energy that you are. Man's essential nature is consciousness. It spreads infinitely through space and time. This is what I want to communicate to you. This isn't the only life you have lived. You have lived many lives over and again, reborn again. Are you your physical body? No, you are not. Your true nature is a heart of warmth. You are energy that is what you are. This physical body is a suit you wear but it does not exist eternally. Consciousness is what is eternal. It spreads from the past and into the future, continually. It never ends. So how is it that we have moved away from the heart of warmth? It is man's stubborn belief in his physical body that has moved us away from the truth.

Your true heart is always waiting for you in your heart, your heart of warmth. These vibrations are ever expanding in your heart. Can you feel the ever- expanding vibrations of warmth? Now is the time, not to concentrate with your brain, but to understand with your heart. I know in the beginning this may be a difficult concept for you to understand. Human kind is always using their brain to understand things. Now I am asking you to use your heart to feel, to use your heart to feel the waves I am sending. The words are written; I ask you to interpret them with your heart. I am asking you to understand these words with your heart. It is a game to understand things with your brain. Logic is just a game, a creation of the human mind. I am asking you to feel with your heart and interpret your life with your heart.

Part 2:

Approach to Uncovering the Truth of Existence

After you have had a physical body for hundreds of millions of years, it isn't an easy thing to believe in consciousness and believe in your true heart. I really understand how difficult it is. I never thought it would be an easy task and I really understand the obstacles in comprehending the truth of existence, especially since you have never believed in anything other than your physical selves. However, many diligent people attempting to do this study seriously are finally realizing their true selves and discovering their vibrations and waves of warmth. The warm vibrations are infinitely growing and I have so much gratitude in my heart to you. I thank you for trying to find your true heart and for trying to find the vibrations of warmth. I know many are taking a leap of faith to find your true hearts. You are attempting to believe in something that is so radically different from what you are inclined to believe, it sometimes seems almost impossible.

You are "carrying" around thousands of suffering selves. If you do not reflect, if you do not come to understand the truth in your heart, you will be in a state of suffering and darkness. When you die, you think you become part of the past, and that there is a present reality and a future yet to come. In the world of consciousness there is no passage of time. Past, present, and future exist as one. It will always be one. Thus whenever you change your heart in the present, it changes your heart in the future and if you change your heart in the future, it changes your heart in the past. So once you

begin saving your suffering self presently, you will change your future and past to warmth and joy as well.

Use the warmth that you feel from meditation to wrap your suffering selves, to save your suffering selves. You are this incredible ball of warmth that is eternally accepting and giving and that is so vast that you can accept all of your darkness. You can accept all the darkness you have created in your past lives. Your suffering selves wait to be saved by the truth, by your warmth. Use the warmth to wrap your suffering selves, embrace your suffering past and future selves.

Everything is connected. Every change is felt. This world is always here. It only takes you a fraction of a second to tune in and align yourself with this world. Your present reality is a bridge to your past and future. So if you can change your suffering heart now, you can change your past and future.

You don't need to convince yourself that you are not this physical body right away. You only need to consciously do mother's reflection daily. Do it mindlessly. Do it routinely. Write about what your mother has done for you. Your actions everyday create layers, and without trying, one day you will experience the truth in your heart and that truth will become greater and greater. You will feel the energy of all existence in your own heart. You will feel the joy and spaciousness and lightness that I feel. This is all I ask of you.

If there were any easier way than this, then I surely would tell you. But this is the easiest most efficient way. I cannot put your hand to paper. You must do this yourself. At the same time, it is very difficult and easy. Remember that the point of mother's reflection is to recall her warmth. Don't just criticize her when reflecting. That is not the point of the exercise. By reflection and meditation on mother, reflection on idolatry, you will begin to change inside. When you begin to change inside, you will feel this other world; you will feel what you are. You will feel you are not only your cells. You will feel that you are energy within this body and that you are energy in the world of consciousness.

After you meditate and reflect, the more you are able to open up and release the warmth in your heart. You will be able to find this world of warmth more readily. You may not feel it all the time, but you will feel a little each day. It is difficult to believe that you are not this physical body when that is all you see in the mirror. Nonetheless, once you begin to do a little bit of mother's reflection and meditation daily, soon you will recall the truth in your own heart. That will truly be the first step of your journey. I am waiting here always. I am waiting for you to take that first step on this journey for the truth.

The truth lies in you. All the answers lie within your own heart. It is beautiful. You don't have to be scared of your existence any longer. Open yourself up to your heart, to the

vibrations. Allow yourself to feel your own consciousness. It is so incredible. It is like being moved by music or nature. As we speak the warmth becomes ever greater. It knows no bounds. That is what warmth is all about. This is our true essence. It takes a while to find this heart. That is why one of the first steps in embarking on this study is to do mother's reflection.

Chapter 6
Mother and Reflections on Mother

Do you understand what kind of entity "mother" is? Do you understand the importance of commencing this study with reflections and meditation about "mother?" "Mother" is the core of this study. It is the launching point to understanding your true existence. It is the first step that must be taken in order to comprehend an iota of the truth.

It is only through this corporeal world, through the human experience of having a mother, that you can access the truth about your existence and warmth. I want you to think seriously about your mother, and why you have a mother.

Mother's warmth is the essential energy that we are. It is the energy of existence and is our essential nature. Please everyone, I want you to return to this essential nature. Can you feel this warmth that permeates everything?

Right now you may not remember, but I want to tell you what mother's warmth is: it is undying love, warmth, and positive energy. It is always embracing and forgiving you, and always willing to do anything for you. It is the warmth which sacrifices anything to make you comfortable. It would do anything to protect you, and that is the warmth we truly are. This is the warmth within your heart. This warmth is always

surrounding your heart and is the warmth that is your heart. Finding your warmth within - this true energy - will save your darkness, your suffering and sadness, and will enable you to return to your true heart of warmth.

We have these physical bodies on this earth, so that we may have the experience of being in a womb and being born unto a mother. For those 40 weeks we can experience this, and our consciousness may recall this consciousness of mother. This is the easiest way to come to know the truth. Understanding the vibrations and energy of this existence can only be begun by mother's reflection. Once you cross the entry point through understanding mother's warmth and can connect with it in your heart, then it will be quick for you to understand your real truth and your real existence.

I don't mean to say that your biological mother is perfect in every way, or that she didn't do unkind things to you, but the essence of her heart is one of warm embrace. It has always been reaching out to you. Can you understand how a mother feels about her children? You would know that there is such love and warmth that embraces you. You need to look beyond the physical ways she treated you and look past the hurtful things she might have said to you. If you look within the deepest part of your heart, you know your mother is always accepting you. In this physical life, she may not know how to show it, but her heart is a warm embrace.

In addition, through this present mother you can access the loving embrace of the tens of thousands of mothers that you have had. True warmth is resonated through your current mother. She may have beat you, been harsh with you, may have said 'no' one too many times, but underneath has always been a heart caring and embracing you, accepting you for everything. No matter what her physical presence says, her heart is always caring for you. Can you feel the energy of love surrounding you? Can you look past all the misdeeds and feel that mother's consciousness is always surrounding you? This is what you learn from mother and from the many mothers you have had. Mother's warmth stretches its arms out surrounding and embracing you.

If you cannot recall your mother's warmth, this study will be meaningless to you. If you do not feel mother's warmth, it will be impossible to understand the consciousness of Tomekichi Taike. Also, it will be impossible for you to understand the journey of consciousness.

Finding the warmth: Reflection

Firstly and lastly, I ask you to reflect on your mother. Mother is the key. Reflection on "mother" is the easiest and quickest way for you to understand the truth. The act of reflecting is just as it sounds. It is an exercise of thinking deeply on some issue or questions. As a beginner to this

study, it is good to keep a journal of some sort addressing questions of mother. The physical act of writing, in a stream of consciousness fashion, will help one focus and explore the topic of mother. It is helpful to write answers off the top of your head rather than analyzing the questions and formulating a coherent and beautiful answer. I also admit that writing about your mother a few times will not lead you to the answers right away. But like physical exercise, if you make it a habit and do a little everyday, you will see results. Reflection is the same. If you do a little reflection everyday, day after day, I know you will come to find the answers you have been seeking for. The truth will appear to you.

We have all had mothers as human beings. It is through these physical mothers, that we can return to the truth. Mothers are the key to returning to the warmth in our hearts.

This is why I am communicating to you. The true heart we all are. Please find this heart. Please find this warmth in your heart we are. I know you will be able to. We are all waiting for you to find the true warmth. When you find this warmth in your heart, you will know it. It is so expansive and the warmth, it never stops growing. It expands. Every minute you are alive. Every minute your consciousness is alive, your heart is growing and growing. Can you feel your heart growing? Please return to this warmth.

First start reflections on your mother. Please recall in your

heart, all the times you have spent with your mother. Most important are the times you were an infant with your mother. Surrounded and embraced within her warmth. Can you recall these instances when you were an infant in your mother's womb? You were so warm and surrounded by all the warmth around you. Can you feel how protected you were, free and unencumbered? You had no worries and were so safe. This is the heart I want you to recall. I want you to recall this by thinking about your mother.

I want you to think about all the things your mother has done for you. Think about how she fed you. Did she breastfeed you? How did she put you to bed? Try to imagine when she held you, put her arms around you, and loved you.

Recall how safe you felt when you were an infant. Remember how you were surrounded by the warmth and love, and that is all you needed to live. The warmth is all you needed to feel full and satisfied, and feel loved. All you need, even now, is warmth. Can you remember her undying love and warmth? The core of mother's consciousness protects you and always keeps you safe. She would do anything for you. If you were sick, she would be sick for you if she could. If you were suffering, she would take away all the suffering if she could. Do you understand what kind of warmth that is from mother? Do you understand what kind of gift that is from mother? Do you understand how much warmth and love she has for you? She carried in her womb for 40 weeks and that

whole time, her body embraced your body. Her body literally embraced and protected you, do you remember?

Can you remember when you were zero to two years old?

You had to rely on mother. Please, feel her warmth. Can you remember a time when you were a child, an infant, in your mother's arms? She embraced you, you suckled at her breast, and you were in her arms and you had no worries. You had nothing to worry about, nothing to be scared of. I want you to return to that time. Return to that time and remember that warmth in your heart. Please remember what it was like to feel safe and protected. Return to this special warmth.

[The following is the consciousness of an infant. Do you remember feeling like this?]

Consciousness of 5-month-old infant:

Mommy, I am so happy to be born. I am so happy to born to you. You know when I am happiest? I am happiest when I am snuggled up against your breast, sucking your breast. When you hold me, I have no worries and I feel myself soaring and free. I forget everything in that instant. Mommy I feel so good warm and bright. Mommy, do you know how I feel? I feel so warm and embraced when I am with you and in your womb. I

was embraced all the time. Do you know how I feel? I am happy and so joyful. Every minute I am with you I am so joyful, Mommy. Mommy, I am so full of joy. I cannot put into words how joyful and warm my heart is. Mommy, please remember this warmth in your heart. Mommy I want you to remember that this is what you truly are. I want you to feel what I feel right now. I feel so warm and embraced, snuggled in your arms. I can let everything go and be free.

I remember this warmth that exists. This is what I am. I may forget a little when I am older. But for now, this is what I feel. I feel so happy. I am so happy to be with you, next to you. You keep me safe and warm. I don't need anything else. Just your warmth and the fact that you are near me make me so happy and joyful. I am so joyful.

Mommy, I am born so that you can remember your true joy. Mommy I want you to remember the joy in your heart. Mommy every time you hold me, I want you to remember the joy in your heart that we all are. Please remember. I am so joyful. I am speaking to you from my heart, always. I am so joyful. I am constantly telling you how joyful I am. This joy is something that extends into the universe and the world of consciousness. This joy connects everything.

It connects the world of consciousness and the universe.

This joy is what we have to return to. Mommy I want to remind you that you have to return to this joy. We are consciousness. We are born to realize the warmth in our hearts. I am speaking from my heart to you Mommy.

Mommy, Mommy can you feel this consciousness that we all are? Can you feel how happy I am? Mother, I am so happy. I am a baby and five months old. All I am is happiness right now. I am happiness and energy, vibrations of warmth. I feel this way all the time. When I am with my mommy, I am safe and warm. I am so safe and warm, beautiful inside. I feel protected always. That is all I need. I only need my mother's arms around me to be near me, to smell her, and I feel so happy. I feel so happy. I want you, everyone, to feel this heart of mine. Please feel this heart of mine. This is the consciousness of all infants, of all babies. We are so happy. We are so happy to be with mother so close, her arms, all the time, so warm and surrounded, all the time. Please everyone return to this heart. This heart is your true heart and we are born and have this material body so you may remember what you all are.

Right now I am a baby. I know I am this energy. I remember this warmth in my heart. When you become older, you can't remember with your heart any more. You can't remember when you were an infant. Meditate and don't use your brain and look into your heart. Just remembering this warmth you

will feel what I feel and you will remember how much you enjoyed this time being with your mother, how much you enjoyed being with Mommy in her womb. How Mommy was so warm and wonderful, protecting you from everything and how this warmth is you.

This warmth is you and this warmth will save yourself and all of your darkness. Just as you love me and surround me with warmth. You too can surround your own heart with warmth. Cherish your darkness, for darkness is all of you. It is just the broken energy. It is broken energy that has forgotten the flow and misplaced its priorities and hasn't remembered to go back to the flow of energy. But if you use your warm heart and surround your darkness even your own darkness will return to the flow of energy. Do you know that?"

Consciousness of Tomekichi Taike:

As you look at your newborn child, do you feel all the emotions of mother, the sacrifice, the warmth? Do you see how the newborn is always comforted in your arms, while sucking your breast? Remember that is what you truly are. You are that warmth that will encompass all your dark energy and change it to light.

This is a very important time for you truly to realize what mother's consciousness is. Please don't squander this time.

Please don't lose this wonderful opportunity you have been given to see your true heart, that heart of warmth that is mother's consciousness. See how the newborn child relies upon you for everything. As soon as you hold the child, you comfort and quiet the child. Just as your presence does this for the newborn, your presence can comfort and quiet the darkness in your heart. Just as you quiet the baby, your true consciousness can change the dark energy into light, can change your suffering heart to joy, happiness and love. You are always vibrations of warmth. You are always warm energy that emanates to the universe.

Remember all the times she was with you. Imagine what it was like being cared for by your mother when you were a child. I want you to run through all the thoughts you have had about your mother. It can be chronological, or not. I also want you to think about things your mother has done for you beginning with when you were in her womb until today. What has your mother done for you? I'm sure she's done so much for you that you won't be able to recount it all.

When I ask you to reflect and think about your mother, many can only recall what she could not provide or do for you. You have many criticisms about your physical mother. She abandoned you, she was selfish, she never provided you with the right life, she was never supportive…on and on. Reflecting on mother is not about criticizing her. It is an attempt for you to rediscover the warmth that is our core consciousness. After reflecting for a while,

you should reach a point where you will always see that your mother has provided you with things that are priceless.

These are some basic questions that you can ask yourself daily and still have a different response to everyday. I don't ask you to sit there for hours on end recounting every detail and every criticism that you have of your mother. Thinking and writing about mother can be done in a mere 20 minutes a day. I want you to think about these questions and focus on the topic of mother's warmth. I don't want mother's reflection to become a time where you only criticize your mother. I am asking you, through mother's reflection, to find the warmth that she has been showing you. That is the starting point, the beginning of this study.

Here are some simple questions to ask yourself that will lead you in the right direction. I want you to think about questions such as:

What have you done for your mother?
What has your mother done for you?
What hasn't your mother done for you?
What have you not done for her?
Write a letter to your mother.

Try to recall within the following time frames:

- ***Age zero to two years old***
  (If you cannot recall, please imagine what it was like)

- *Age two to five years old*
- *Kindergarten-Fifth grade*
- *Middle School*
- *High School*
- *Beyond*

After you have practiced keeping a journal, feel free to recall and write as you see fit.

After you reflect and contemplate on what your mother has provided for you, I think you may feel an inkling of the warmth that stems from mother's consciousness. That, for you, will be the commencement of this study. You need to connect to your mother's consciousness and warmth even to begin this study. If you cannot do this, you must keep trying. If you cannot do this, you will never progress or understand this study. This is because mother's heart and consciousness is the core of this study.

Then, through these questions you will come to realize that mother's consciousness is always giving and sacrificing for you, and never asks anything of you in return. It gives and gives. When you ask yourself what you have done in return, I think you will come up shorthanded. You will realize that you have not done anything compared to what your mother has done for you, what she has given to you. In that moment, you will find gratitude in your heart towards your physical mother.

Once you have established that gratitude towards your physical mother, it will extend to having gratitude toward mother's consciousness in general. You will see that you have done nothing for your mother. Whatever she has not done, cannot compare to what she has done for you. Her thoughts towards you, the sacrifices made for you, and her eternally giving heart. These thoughts and actions are the essence of mother's consciousness, which is your essence. Mother's consciousness is always giving, waiting, never asking to gain anything from you, just giving and giving. There is no end to what she wouldn't do for you. That is what you are. You are the consciousness that is eternally giving. That is your core being. Through this reflection, I know you can return to the warmth in your heart.

In everyone's darkest moments whom do you cry out for? When you were a child, whom did you cry out for? You cried out, "I want my mommy!" "I want my mommy!" That is exactly what your dark heart is crying out for. "I want my mommy!" And who is your mommy? Well, that is you.

When you realize that you are "mommy", then you can fully embrace yourself and feel whole. It is truly a wonderful exhilarating feeling. And in that space, you feel exalted. You feel the freedom of your heart. Doesn't everyone want to feel freedom of their heart? Free from the material constraints and worries of this material life. When you feel mother's warmth and realize you are mother's consciousness in your heart, you will feel the

freedom that is so beautiful. This is something everyone seeks.

It makes no difference if she physically beat you, tied you up and stuck you into a closet. Didn't she nurture you in her womb for 40 weeks? Do you think at those times you were not alive in your mother's womb? Do you think because you cannot recall with your brain, you were not alive? Your consciousness remembers. Your mother's body embraced you, encompassed your being, and during that time your true consciousness remembers the infinite warmth, the embrace, and the relentless giving.

Mother's consciousness always gives, gives and gives. It never seeks to gain anything from you. Her body sustained you as you were growing in her womb. Then, you were born into this three-dimensional world. Do you understand what a gift it is to be born into this physical world? Do you understand what an opportunity it is to be able to experience this physical world? To have this physical body in order that you may find the truth of your existence?

There are no quick and easy answers with this study. If I could tell you to "Do steps one through 10" and you could figure out the truth, then I would love to do that. This study is about repetition. Through the repetition of reflection, then you will come to find the real warmth in your heart.

I want you to remember how warm and bright your

heart is. Remember how wide it is and how it is infinitely spreading in space. You are not your physical body. You are consciousness. Feel the waves, the vibrations of love.

Will you understand this warmth if I explain to you what it is about? It would be wonderful if you could understand it, if I only explained it. However, that is not all that is necessary to remember the warmth. That is why I ask you to reflect on mother.

[After aligning my heart to the warmth, I sometimes channeled messages like the ones below.]

Consciousness of Jennie Lai:

My whole body and consciousness are aligned with Tomekichi Taike. It is so warm and bright. Vibrations of warmth, everything in this physical world lives within the flow of consciousness. All things, the earth, the cities, everybody, everything lives within the flow of consciousness, on this journey of consciousness. All things occur so we may reach our goal of returning to this warm heart. This warm heart is always waiting and waiting, returning to the warmth. There is so much acceptance and warmth, expanding energy, continual accepting warmth. Everybody , the universe waits to realize this energy. All the cells of your body are waiting

to return to the warm consciousness, return to the truth. You are the master of this warm consciousness. You will help yourself return to the warm consciousness. Only you can help you return to this warm consciousness. Only you will help yourself. Only you can have the determination to return to the warmth.

Consciousness of Tomekichi Taike:

Please come and be a part of this warmth. I am the consciousness of Tomekichi Taike speaking to you from your heart. I am always beseeching you to return to this warm heart together because we are all one. You exist within my heart and I exist within your heart. We are all one. When you call upon me in your heart, you will always hear me in your heart because we are all consciousness living within the same world of consciousness. Can you feel this higher level of consciousness here? We are all one consciousness speaking to each other in this world, in this flow. This is what the truth is all about. This is the world of consciousness that we all live within. This is the truth. It encompasses everything. The world we are communicating in is the true world. It is the world we all live within. It encompasses everything. Within the world of consciousness exists our physical world. It is not the other way around. This is the true world.

The physical world, space, lives within this world of consciousness. This is the world that is the truth and this is the world we must continually strive to feel in our heart. It is so strong, powerful, wonderful, and expansive. And when you can align your heart with this world, you will feel the energy expand ever into the universe.

You only need to remember that your darkness lives within this world of consciousness, and you only need to return to this warmth. Even the darkness lives within the world of consciousness. It has only forgotten where to align its heart. It forgets that it lives within this world. You only need to aid your darkness by opening its eyes to the world of consciousness, the true world. This is the more powerful world and is the world everyone will ultimately return to, everyone and everything. The earth is so excited and deliriously happy that we are turning our hearts and that we are returning to this warmth. It is so joyous, warm and bright. You only need to turn your heart to the warmth and remember the consciousness of Tomekichi Taike in your heart. It is always here for you- just align yourself to the warmth in your heart, to the mother's warmth in your heart.

Many mothers, every time you are reincarnated, they show you the way to open and unleash the warmth in your heart. They show you everything. Your current

mother is not the only mother you've had. Remember the mother who abused you isn't the one and only mother you have had. In addition, the present mother who shows you warmth isn't the only mother showing you warmth. She is only one of many who have shown you warmth. It is the many consciousnesses of mother, always showing their warmth to you, do you know to what degree of warmth that is? Do you know what degree of warmth it is? It is so large. When your mother had you in her womb, do you think it is just one mother? It is all the consciousness of all mothers you have ever had embracing you in that womb. There is so much warmth in this cocoon. Do you know how strong that energy is? Do you remember? Do you remember the energy and the warmth there? It is so bright, warm, and loving, and the consciousness of mother continually gives to you so that you may understand warmth. Then, you may in turn, learn to embrace your own darkness. Embrace and love your own darkness. Turn your darkness to joy. Open the eyes of darkness to joy.

Mother, consciousness of Mother...thank you so much. Thank you so much. We are home. We are all embraced within the warmth of mother since infancy, continually embraced by the warmth of mother. It is our job to return to the warmth of mother and to remember the embrace so that we may teach ourselves how to embrace our suffering. Only you can bring yourself back to the

origin, to your essence. This journey of consciousness is to return to your origin. It is to return to this path and the flow of consciousness. All is to return to this flow. Along this journey, we will reincarnate in New York City in 250 years, but that is not the end goal. It is only the beginning of our journey of consciousness.

Nobody wants to suffer anymore. Nobody wants to be angry or hate anymore. All consciousness longs to return to this warm embrace. Turn your heart to your mother and feel the expanding warmth in your heart. This warmth will lead you to the truth. It will lead you to the way. Once you achieve the ability to expand your heart, then the warmth will be exponential when you align your heart to the world of consciousness and meditate. Do you feel the more you open your heart in the warmth, the greater you feel the world of consciousness all around? Do you feel the earth, space, and nature, in the world of consciousness? All consciousness flows within this space. Do you feel all of it? It is all encapsulated within this warmth of mother that we all are.

Chapter 7
Idolatry and Reflections on Idolatry

Humans for so long thought this body was the only truth that they created many powers to pray and worship to. Somewhere along the way, we lost faith in ourselves and lost the belief and knowledge that we can change ourselves. Our priority was this physical existence and it became increasingly important to make this life wonderful somehow. Maybe increasing our wealth or status, or some such thing, would bring happiness? So, we began to look outside of our hearts for answers.

We have been seeking for powers outside the individual for salvation, for material benefit, and for physical satisfaction. We thought if we prayed to these entities that somehow we would and could be satisfied. We very easily gave up the belief that we could change our suffering hearts and ourselves. By giving up this belief in ourselves, we began the continuing cycle of worship. It became natural for us to create a deity, of salvation, of money, of power, to "look" to for help in our lives. We were never satisfied at looking within ourselves for the answers to our struggles. We never wanted to change our dark hearts because it seemed that the easiest way out from our suffering was to look to these false gods and energies to ease that suffering and increase our physical satisfaction with life.

Mankind created religions because they were suffering. There was pain and darkness and they needed someone to turn to. So, we created gods to pray to, worship, and idolize to try to save ourselves and alleviate the pain and emptiness in our hearts. We gave up belief in ourselves. Our history indicates that we have never really believed in this true consciousness of warmth. Therefore, we have created many false gods and energies in our hearts that supposedly could save our suffering selves. The fact is: No one can save your suffering self, except yourself.

We denied the fact that we could heal ourselves and return to warmth. We thought we had to create these other religions, powers, gods, to take away our suffering. We gave them tokens, empowered them so they could bring us happiness and truth, and alleviate our pain. This is why we created so many religions.

We willingly believed in something other than our true selves. We abandoned the idea that happiness is found within. We didn't know we had the ability to save our own selves. If we had known what we were capable of, i.e. able to save and embrace our own suffering selves, we would have saved ourselves long, long ago and returned to mother's consciousness.

Once you believe that something other than yourself can bring you happiness, you will never understand the truth of mother's warmth. Do you understand?

I say to you that you will never have true satisfaction in your heart and your life unless you believe in your warmth, the consciousness of Tomekichi Taike. Unless you believe in these vibrations of warmth, unless you meet your true consciousness, you will never be truly satisfied or happy.

Obviously, idolatry is the worshipful feelings you have had toward any deity or energy, such as Allah, Buddha, Yahweh, Jesus Christ, etc.. There are also more abstract forms of worship people have to: money, power, psychic ability, etc.. For this part of reflection, you need to decipher and identify the worshipful feelings you have been using presently.

The thoughts you are using presently are also thoughts you have used in your past. By looking at these worshipful selves, you will see how many false gods and energies you have worshipped. These are obstacles in your way of understanding the truth. You must realize that you have been controlled by these energies. Once you realize in your heart that you have been controlled by these energies you will be one step close to understanding your true warmth.

"Reflections on idolatry" is something everyone must do, whether you have embraced a religion in this lifetime or not. You have had so many "lives" where you have worshipped many gods and other powers. Idolatry doesn't only extend to god or gods, like I have said before; it is also your worshipful

thoughts toward money, power, authority, fame, intelligence, etc.. These are all things that mankind has treated with reverence. We have placed these items on a pedestal, hoping to attain happiness and satisfaction with this material life.

Everyone has much worshipful energy in his or her hearts. Please acknowledge this energy so that you may accept it and move forward in this study. I wait here patiently, asking you to look at these hearts diligently, without haste. I know that once you break through this impediment you will come to know the true warmth in your heart. I am waiting for this.

Gods, Allah, Buddha, Jesus Christ, Amateras, energy of power, of money- the longer you hold on to these energies, the longer it will take you to find the truth within your own heart. If you cannot release these dark energies, you will not be free to change. You can never be free to believe that your heart is warmth and consciousness. The longer you harbor and protect these worshipful energies and deities in your heart, the longer it will take you to search for the truth in your consciousness. You will not be allowed to search for the vibrations of warmth within because every time you try to turn to the warmth, your heart will be stuck in the ingrained habits of relinquishing its own power to another source, another god, or another energy.

However, once you release these energies from your heart, they too will be happy that you released them. For they too, long to return to mother's warmth. Our purpose is to return to

the wonderful heart of warmth we all are.

You can only know the truth within yourself if you do reflections on idolatry. If you fail to identify these worshipful energies, then you cannot release these energies within your heart. Consequently, you will never find the truth in your own heart. You must release these dark energies from your heart. You must acknowledge that you have always been beseeching these gods for money, health, beauty, fame, family harmony, etc.. Otherwise, your heart will hold on to this energy of worship eternally and will never be free to find the truth in your heart.

Release these energies from your heart. Communicate with these energies that it is time to return to our true consciousness. I believe, as you are simultaneously doing mother's reflection and mother's meditation, as your warmth becomes larger, that the energy used towards idolatry will follow the warmth. You will embrace those praying, entreating worshipping selves. You will embrace them and they will become light. Your heart will release these energies as you become one with your warmth.

It is so important to do the reflections on idolatry and if you don't do it in conjunction with reflections on mother, you will never be free from the energies that are binding your heart. If you don't do reflections on idolatry you will never truly understand this warmth. Release the energy from your heart. You need to release these prayerful energies in your heart. See that you have this energy in your heart or you

won't be able to find the truth within.

Can you understand this? It is difficult and simple at the same time. Reflections on idolatry doesn't have to be anything difficult. Please write a little bit everyday. An example: you can write about how you gave up the power within yourself and how you sought for powers outside yourself to bring yourself happiness. This is what reflection is about. Why did you give up the power of believing in yourself? Through worshipping these other deities, what did you think you would gain?

Please reflect on the following:

What was your motive for pursuing these religions and/ or beliefs?

- ***Salvation***
- ***Curing disease***
- ***Wealth***
- ***Harmony in the home***
- ***Power of some sort***

Once you reflect and see that you used these gods or false energies for happiness, you will see the power you have given to another entity. If you don't do this reflection you will be trapped in the cycle of thinking you believe and know this warmth of which I am speaking. But all the while, you have only tapped into the same energy as always: Buddha, Jesus Christ, etc.. Peel away the many layers of the beliefs of other energies you are harboring.

You need to peel away those thoughts one by one, to realize you have never encountered these true vibrations of warmth before. There isn't a person on this earth who hasn't believed in one of these gods or energies for salvation, health, wealth, or power. Only when you understand, that you have had those energies wrapped around your heart, can you become free to do this study wholly and understand the warmth of mother.

Only when you realize the thoughts and hearts you have used towards these worldly goods and gods, will you comprehend how wrong you were. If you do not reflect on these motivations, you will never know the truth of the consciousness of Albert, Tomekichi Taike. I want you to look at what thoughts you have had toward these different gods and powers. How did you worship them? What did you hope to gain from them? You must seriously think about these questions and give honest, deeply thought responses. Please be honest with yourself.

When you realize what thoughts you have been using towards these powers with your brain, you will understand in your heart the obstacles preventing you from meeting your true warmth. You must peel back these layers of idolatry you have utilized in your everyday thoughts. You must peel them back to expose your true consciousness.

Don't condemn yourself for falling prey to these gods and powers and disregarding your true self. You have believed in

your physical body for so long, it is only natural to seek aid and direction outside of yourself. Once you reveal all the layers of your worship you have had in your heart, you will truly come to know your true existence, which is the consciousness of Tomekichi Taike. Now is the time for you to reflect deeply on these worshipful thoughts. Please don't let this be an obstacle for your understanding the warmth.

When you relinquished the belief in your warmth, in this energy, you threw away the chance to change your suffering heart. Idolatry does not enable someone or something else to save you. If you can't save yourself, then no one can. Only your true warmth can change your suffering hearts.

This is not a religion. Religion is an organization. It is an organization feeding on faith and idolatry. Its true mission is to empower itself while disempowering you.

You find faith within people and ask for people to cling to it for it will do X. Religion is based on worship. This study is not a religion. It is none of those things.

It is only the truth. I speak only of the truth of your existence. No one can save you but yourself. No one has the ability to save you but yourself. No one has the power to eradicate the pain and suffering you have created.

The tendency to worship X is something no one but

yourself can remove. Always remember this. No matter how much you pay, or pray to your gods, they cannot take away pain and suffering. Only when the pain and suffering you have created yourself encounters your true warmth, will your heart be lighter and brighter. Darkness and pain can always change to energy of warmth, because at its core is a heart that hasn't forgotten its warmth. The warmth isn't something that ever goes away. Please remember it never goes away. It is always within your heart, sitting right there staring at you in the face, waiting to be rediscovered.

I don't want you to believe in another power to bring you happiness any longer. I want you to believe in yourself and that you have the power to relieve your own suffering, sadness, and solace. You have the power to make yourself happy and free. You can be loved. Through loving yourself you will be loved.

Once you believe you have come to know your true warmth, the consciousness of Tomekichi Taike, continually reconfirm that it is your true consciousness. Sometimes you may believe you have found your warmth in your heart, but what you have really done is replaced one of your old gods with the name "warmth or consciousness of Tomekichi Taike." Be sure that you are not replacing the warmth and joy of your false gods and energies with the true warmth that we all are. Be mindful of this. I want you to release all the energies or idolatry from your hearts.

Chapter 8
Meditation

Meditation in conjunction with reflections on mother and idolatry is a key component of finding the warmth within you. It is during meditation that you can meet your consciousness, be one in the world of consciousness, and continually expand your own warmth.

It is easy to get lost in your material world, going about your daily physical activities. You forget about the world of consciousness. Meditation is the time you can reconnect to the world of consciousness, to your heart. It is a time of joy and happiness. Remember how important meditation is. It gives you the opportunity to expand the warmth in your heart and reconnect to your own warmth. During meditation, you can reconnect to the truth of your existence and meet your true self.

Meditation is an exercise that you should make time for daily. There may not seem to be an immediate understanding, but over time, meditation will become a process of joy. It may seem that everyday you meditate, your mind wanders and you can never focus. In the beginning it is just that way, but over time, you will become aware of mother's consciousness and your own warmth. It is a layering of papers on a stack. Each sheet may not look like much unto itself, but over time those papers will have become a stack and will not resemble what

you started out with, i.e., just a sheet of paper.

In the beginning, to the many people who are always diligently applying their brain, it may be perplexing to meditate. If you do reflections and meditations on mother you will find the quiet in your heart. You will find the expansiveness in your heart that is the truth. Once you open those doors, you will continually widen the warmth and be able to feel this true world I am always talking about.

This time is a special time for you out of the 24 hours in your day, to realize for 10, 20, 30 minutes that you are not this physical body. You are something much larger that connects to everything on earth and the universe. We are all the same energy, the same essence.

Meditation is also a large component of finding your warmth. Think about this warmth of mother. I want to ingrain in your head that this warmth of mother is what you truly are. During meditation you are searching for your warm heart, believing in the warmth you really are. I know through meditation you can reconnect to the warm energy that you are, that we all are. So I ask you to meditate daily on mother, to find the warmth. Only by finding this warmth will you be able to save the darkness that is crying out in pain, crying out in suffering. This is the only way you can save your crying suffering self. You must find the warmth in your heart. To understand the truth, you must understand

this warmth. Otherwise, you will be lost and will be lost in misunderstanding.

The waves and vibrations of happiness and joy are what constitute the truth of our existence. Do you feel your heart expanding as you think about mother? That energy you feel is space, that is your space, my space, and our space. It is ever expanding into the universe, through physical space and time, through matter you can and cannot see. It is expanding all the time, just as your heart is expanding all the time. This is the truth. This is the truth I want you to feel. Please don't use your brain, don't think. Just feel with your heart all the waves everywhere, in and around you. Do you feel this ever expansive heart?

The world of consciousness is so light and bright. You heart is ever growing and expansive. Through meditation your heart will grow. It will continue to expand and the warmth will become more intense. It's not a matter of time; it is a matter of focus and trying to find your heart. Forget your physical body and brain during meditation. Remember that you have a heart that is feeling everything. That is how I would like you to meditate. Meditate through your heart, attempting to feel the vibrations of increasing warmth.

Meditation is not static. It is infinitely expanding. If you let your heart extend during meditation, the warmth will expand to no end. Do you know how large and vast your

heart can become? You don't realize how expansive your heart can become. The warmth in your heart will evolve through meditation. Please feel it.

This world of consciousness equals joy and peace. As you close your eyes and align your heart to the consciousness of Tomekichi Taike, you become aware of this world of consciousness that exists. It exists, has existed, and will exist. You'll think, "I don't know how I wasn't aware of it before, but now I feel this world in my heart. It is so beautiful and now I know this is the truth and our origin and this is where we must return." Our whole journey is about returning to this warmth, this world of consciousness. This world of consciousness is something we can easily tune out, but if you align yourself with the warmth then it is so apparent and strong. This world exists and has always co-existed with this material world. It is so peaceful and true and where we all exist as one.

Don't think of meditation as something difficult. Don't get lost in your thoughts too much. Just let your heart be free to feel. Don't get too caught up in your mind. Let your heart feel the waves of warmth, feel the joy when you turn your heart to the universe. Let yourself be wrapped up in the warmth, joy, and the vibrations of the truth.

As you meditate, let yourself get lost in the experience. Don't use your brain anymore. Let yourself get lost in the feelings, the vibrations of warmth, the waves. Let your heart be

open. Forget about your physical body and float through your heart in space and time.

If you let yourself go and close your eyes and you feel the warmth of the consciousness of Tomekichi Taike through the warmth of mother, of having a mother. Then, you will understand that reflections on meditation on mother and reflections on idolatry is the easiest and simplest way for you to come to understand warmth and vast spaciousness of your heart.

As you reflect on mother and meditate about mother, you will find the quiet in your heart. You will find the expansiveness in your heart that is the truth. Once you open those doors you will continually widen the warmth. You will be able to expand your heart to feel this world I am speaking of.

Method of Meditation

Close your eyes lightly, keep your chest puffed out slightly, relax your shoulders, take several deep breaths inhaling through your nostrils, and exhaling through your mouth from the depths of your belly.

(Deep breathing helps you to relax and refocus. So please slowly exhale the air from your body completely, until your abdomen lies flat. Then in the same manner you exhaled, inhale a steady stream of air through your nose filling the space beneath your navel, wait a few seconds, and exhaling through the mouth several times.)

Then, open your mouth and make a sound…hum….and feel the vibrations of warmth. Feel the vibrations of love, joy, spreading, spreading like a bird. Spread your heart like a bird spreads its wings. Your heart is spreading through space and time…you are not your physical body. Please let your body go.

As you begin meditations on mother, imagine your heart is incredibly wide and warm. Take mother's warmth as your key inspiration. Then you will find, as you reflect on mother, that as you meditate while doing these other important tasks, your heart will become larger, more expansive, and wider than the first time you meditated. It will keep growing inside, that you won't be able to properly express through words the growing

warmth of your heart.

I want you to imagine what it was like when you were an infant, cradled in your mother's arm, sucking your mother's breast. Even if you grew up on a bottle, as a thought experiment, I want you to imagine what it was like. Can you remember? Can you imagine what it was like to be cradled in your mother's arms? Embraced by her warmth, her scent, you were without a care or worry in the world.

You were secure and safe in those arms. You didn't know how to worry or be stressed. Do you remember? Your needs were met before you could even express them. You were there sucking your mother's breast, embraced by the warmth. You were encircled in your mother's arms, sucking your mother's breast and everything was so calm and peaceful? You had no worries. You were fully embraced by your mother. You were so comfortable and satisfied. You melted away in her arms. You had no worries and were completely free in your heart, unencumbered by worries. You could rely on her and had no stresses. As you begin to recall this heart, unburden your current stresses and worries. Remember mother's warmth. Do you remember that? I want you to go back and remember that feeling in your heart. That is mother's warmth. Take this as a starting point for mother's meditation. Use this feeling, these vibrations, to try and understand mother's warmth. This is the basic foundation of this study.

You are warmth that is embraced always. I want you to dig deep within your heart and remember your mother. Remember the mothers you had, that gave birth to you. Remember the mothers you had when you had a physical body. Remember the mother who embraced and spread warmth to you. She sacrificed everything for you. Do you remember this mother who carried you in her womb for 10 months? Do you remember when you were in her womb? Do you remember this warmth? Please remember this warmth.

Let your brain go. Feel with your heart and attempt to feel mother's warmth. Turn your heart to the consciousness of Albert, of Tomekichi Taike. Turn to yourself, to your true consciousness. Your true consciousness is this wide and open space. Feel these vibrations of love and warmth. Let go of your physical body. Feel yourself so light and bright…floating, one with the air. Let yourself float through time and space.

Finding the quiet in your heart is very important. Find the space where your heart and mind can be free from the physical constraints of this world, then you can feel your heart. You can tune to find the quiet in your heart. Then you will find joy and can receive the messages from your true consciousness all the time. You can receive messages from the consciousness of Tomekichi Taike all the time. Once you find that place you can hear your own heart speaking to you. Can you feel your heart?

You must strive to find the quiet time to realign yourself

with your warmth. That space in your heart is so beautiful. It is so beautiful. Your heart is always open and at peace. It is important to find the quiet peace in your heart, past your mind and ears, right here between your heart and eyes. There is a whole other world that coexists with this material world. The material world lives within this larger world of consciousness. It is so warm and expansive. It is peaceful, bright, and wide. You'll say to yourself, "Why wasn't I aware of this world?"

How should meditation feel when you are aligning your heart to the world of consciousness, to the consciousness of Tomekichi Taike, the warmth?

Have you ever seen one of those three-dimensional stereograms? Where first you can only see dots on a page, but when you stare at the picture, you discover something within those dots? Well, that's exactly how meditation is. At first you seem trapped in your thoughts, in your mind, in your brain, but once you can focus in and align your heart with the warmth and the world of consciousness, a whole other world becomes apparent. You can feel in that world, all of the warmth of the universe.

Once you step back and can find that space and align your heart with your warmth, then you can feel that other world, the world of consciousness. There is a great peace near your ears, head, your temple, your heart; it's a peace that spreads.

Until you find that place in your heart, you won't understand the world of consciousness. You need to find this place, this world.

When you turn your heart to the world of consciousness, you should feel the warmth from inside your heart. Only as you expand your heart can you feel the warmth of the consciousness of Tomekichi Taike, which is within everyone. As you close your eyes lightly and align your heart, there is numbness in your mind. There is great peace between your temples. There is a peace that emanates so wide and wonderful. When you have aligned your heart with the world of consciousness, your mind does not wander and it focuses on the pure joy, peace, and happiness. You feel in tune with the world, with your surroundings, with space you have a greater understanding of everything around you. You will have a greater understanding of what everything truly is.

And as you breathe in and out, you feel warmth spreading. It is emanating and reverberating through your heart. As you close your eyes lightly, you can feel this world is a joyful one, full of waves and vibrations that are spreading out. You have a feeling, a sense, that it has always existed. You wonder why you haven't encountered this place before and why you couldn't align your heart to this place. Remember if you do not find the warmth in your heart and expand the warmth while continually reflecting on mother, you can never come to know this place, or understand the world of consciousness. You will

never be able to feel it.

Regardless of whether you are tuned in or not to this world of consciousness, it exists. How is it possible to communicate here? Your consciousness is always in this world, whether you are aware or not. Whether your physical being and your mental acumen are aware of it or not, you exist in this world. Do you exist as happiness and joy or darkness and sadness? If you do not reflect, if you do not come to understand the truth in your heart, you will be in a state of suffering and darkness in this world. But once you can meditate and reflect on mother, then slowly, you can focus and tune yourself into this world of consciousness.

As you meditate on mother's consciousness, realize this is the core of all of meditation. It is this ever-expanding warmth that is the core. The beginning point is mother's warmth. Once you find the joy and warmth that you are, it expands, it grows infinitely, spreading and embracing everything. I am joy. You are joy. Mother's consciousness always gives, never takes and if you could feel the warmth and embrace that surrounds you and if you understand this is what your heart is, your whole life will change. The way you see and react to the world will change. If you comprehend that you are this warm heart that is forever giving and embracing then how could you not release your own darkness? How could you not release your suffering? How could your darkness not want to be embraced and be cradled in your arms?

First, you become aware you are consciousness and energy, and then as you continually meditate and reflect, your meditation changes and you begin to feel you are a part of a larger world of consciousness. This energy is a part of the world of consciousness, never ending, wide, and this is what we all are. We are in the world of consciousness.

As you embrace yourself with this heart, you will feel joy. My words cannot express the joy and happiness you will feel in your heart. You know when you have encountered the warmth in your heart. When you turn your heart to the warmth, you feel joy and you will always want to be there and exist there. You always want to focus your mind there. The true warmth is a feeling of ever expanding joy that is peaceful. Your mind fails to wander. Your hungry heart feeds on the growing joy in your heart. You may not encounter the warmth right away, but do not be discouraged. It takes practice to find the warmth within. You will only find it through reflections and meditations on mother.

There is only thing left for you to do. Please put pen to paper daily, stop the criticizing, and imagine what it was like in your mother's womb using all the positive thoughts that you can. This is just the first step, but it is a step in the right direction. Once you have taken this step, I think when you begin mother's meditation you will be able to find your true heart, your true existence.

You will feel and know that your physical body is not everything we are. We are consciousness that lie within a physical body. Can't you feel the energy of warmth that consciousness is? When you turn your mind away from your physical body and towards your heart, can't you feel there is a world so large and spacious? That is the true world and this is what we all really are. We are the waves and vibrations of warmth. Can't you feel these vibrations everywhere, on the earth, in the ocean, in the sky, through your body, through your cells? The vibrations of warmth comprise the truth of existence. These are the vibrations I want you to come to know. I don't want you to be suffering in your hole any longer. I need you to move your mind away from your physical body and transplant it into your heart. I need you to move your mind into your heart so you can feel this energy that I am speaking of. I don't want you to suffer anymore.

This true world of consciousness exists now; you can align your heart to this warmth, to the consciousness of Tomekichi Taike. Once you can align yourself with this heart of warmth, and feel the vibrations, the whole world of consciousness opens up to you and another layer reveals itself to you. Another layer you never knew existed, another layer you never thought existed. This world is real. It exists and you only need to align yourself with the warmth in your heart. Once you do that you will feel the warmth spreading more deeply.

Consciousness of Jennie Lai:

When I close my eyes, I feel the warmth of this world, and when I align my heart with the warmth, I feel my heart soaring, expanding everywhere, twinkling, bright, this world. This is the true world. This is the world of consciousness. I feel it so strongly here. I know you must align yourself with this world. When you meditate and align yourself with the vibrations of warmth, you will feel the answers to everything flow through your body, through space, through time. You feel your heart growing and you realize this is the truth. This is the true world that is so expansive in my heart.

There is a happiness to know that life is not about suffering. This is the true world we can live in. After our death, this is where we can return. We can return to this flow where everyone exists together, in this flow, and in this warmth. It is so wide, encompassing, and embracing. Do you feel this warmth here? It is so large warm and bright. It is so large and expansive. It is incredibly beautiful. It is so peaceful and loving and I don't know how else to explain it. You have to feel this with your own heart. Align yourself to the warmth in your heart. Mother's reflection is the springboard to help you find this place, this warmth.

I tell my suffering hearts you don't need to suffer any longer, because we can all return to warmth, anytime. I am happy to find this warmth and open my eyes to this world. If you close your eyes lightly and align your heart with your warmth, a gear switches and you can feel the world of consciousness that we coexist with. This world is infinite and spreading and never changing. It has always been here. The material world exists within world of consciousness. Do you feel the joy and happiness here? There is a beautiful quiet in this place. I want you to find the quiet here during meditation. As you meditate everyday, close your eyes lightly and turn your heart to the warmth. Once you turn your heart to the warmth, then you will feel this world. A gear switches inside yourself and you feel this world. It is so beautiful. It is the true world. Everything exists within the flow of consciousness.

This world is so joyful. When you close your eyes, it is warm energy, twinkling, and understanding. Do you feel how warm and understanding this energy is? It is warm and embracing every cell. There is deep sense of joy and gratitude. Please call out to your past, present, and future selves. Call out to the warmth in this world, in your heart. After you meditate and get a deeper sense of this world, you can easily identify when your heart is aligned to the warmth or to this material world. You will know more quickly and readily where you are aligned. It is more possible to spend more of your waking

moment in this world of consciousness even though your body is in this three-dimensional material world.

When you need to take time out, a break, feel that your heart is aligned with the material world, close your eyes, take a few deep breaths, relax your shoulders, and change gears. Align your heart to the warmth, the consciousness of Tomekichi Taike. Then you will find the world of consciousness.

Consciousness of Jennie Lai:

I thank you for changing suffering heart and walking with me on this path of warmth. I am so happy. I doubted whether this world of consciousness was the truth. But I am communicating with you now and I feel your change and I know that this is the true world. Something is changed within me and I can feel when I am aligned with the world of vibrations. I can feel when I am aligned with the world of consciousness. I feel where this world is. I feel and know where this world is and how to align myself. I feel everything around spreading and that this is the true world. We are walking together on this path hand in hand.

We are all one walking together and I am so happy. I know my mission is to feel this world of consciousness. We exist in warmth and light.

Message from the core warmth:

The change begins with you. Once you begin to change and you meditate and find the warmth in your heart all of your suffering selves can you feel the world of consciousness that exists. Where this joy exists, you will be able to access this world so easily. I invite everyone to enter this world of consciousness and feel this true world.

I invite everyone to feel this world that is so warm. This is the warmth I always am communicating to you about. Please return. Make a change within yourself. Then you will be able to feel this true world that is so large and bright. I don't know how to tell you more than I have already told you all the steps necessary. Please reach this warmth. This world is the truth. I want you to feel in your own heart that is the true world. I wait for you to feel this world. I am patiently waiting for you.

I want you always to remember and practice how to enter the world of consciousness through meditation. In that world everything is peaceful, warm, and joyful. The warmth is infinitely spreading. I want you to remember how to enter this

stage of meditation. This is the true world of consciousness. Do you feel you can distinguish, in your waking day, when you have aligned your heart to the consciousness of Tomekichi Taike and when you haven't? Even with this material body, you can enter this world any time. When you close your eyes and turn your heart to the consciousness of Tomekichi Taike and align your heart with that warmth do you feel the world of consciousness all around you? Practice everyday, becoming aware of the world of consciousness through your meditation. When you align your heart with the warmth, you will always be able to become aware of this world. Is your belief in this true world becoming stronger? The consciousness of Tomekichi Taike is communicating to you and always sending you messages. Do you feel this?

You can feel more confident and less doubtful through the practice of receiving messages daily through your heart. I know you feel the warmth. This is the truth. I know in your heart you want to believe the truth. The only way you can become more certain in your belief is by receiving messages. Reinforce, repetitively as you align your heart to the warmth and open your heart to the world of consciousness.

When you align your heart to the warmth during meditation then, all is peaceful, calm, and joyful. Your heart is spreading infinitely and there are no thoughts of anything else. No material thoughts like what you have to do today or whom you are going to criticize. Your heart is fully aligned with the

warmth in your heart. It is calm and peaceful, ever expansive and silent. It is silent and full of joy. I want you always to try to achieve this point, feel this calm within. In your cells, your body is clamoring for you to turn your heart to the warmth. I wait for you here always.

When you feel this warmth in your heart and the beauty of consciousness in your own heart, you will always want to return here. It is so beautiful, warm, joyous and happy, it is such that you will never want to turn your heart any other place. You will know in your heart that you wish to return to this place. Meditation is the time for you to practice over and over again to align your heart to the world of consciousness. In the beginning, it is not easy to find the warmth, peace and quiet in this world. But after you practice, one day suddenly, your heart will be aligned and you will find yourself opening your eyes to the world of consciousness. From that point, it will become easier to align your heart to this world during meditation.

[When I have aligned my heart to the warmth during meditation, I find myself channeling messages like the one below.]

Consciousness of Jennie Lai:

The world of consciousness is so beautiful and warm. I cannot tell you how happy and joyful it is here. Once you meditate in this space, you too, will be so bright, happy and excited to be able to be in this world and to know this is what matters in life and that this physical life is not comprised of anything worthwhile. This physical life is just here so that you may see and accept your many darknesses. This world of consciousness is always here knocking on your hearts door, waiting to be accepted, waiting to be realized, always.

If only everyone could be in this world of consciousness together, how joyful everyone would be. Everyone's consciousness waits to return to their origin, this world of consciousness. Everyone's hearts wait for the truth. We all wait to see the truth. Yes, our goal is to return to the truth. Our goal is to return to this wide, open truth. Do you feel this warmth? Everyone's deepest desire is to return to this warmth, to this truth. This is what we are paving the way for. We are trying to ignite the warmth in everyone's hearts, so they may return to their true selves. This is the world of the true self.

This is the world of the true self. This is the world I have been talking to you about. This is the world I have been

communicating about. I have been speaking of this world for so long. The true world is something you cannot sense with your eyes, ears, nose, mouth, or fingers. Through none of your five senses can you feel this true world. This world of consciousness can only be felt through your heart, through your belief in the world of consciousness. As your belief become stronger, your understanding of the world of consciousness grows greater.

Once you delve further into your meditation, the material world won't be the first thing you hear. It will sound like a drum in the distant past. It will be a buzz in your ear always. Always there and you will always hear the quiet and peace of the world of consciousness.

Most people only hear the beating of the material world first and hardly ever feel the true world of consciousness, but the more you believe the more you will feel the world of consciousness. Even when you open your eyes, you will feel the world of consciousness first and then feel the material world second. And you will be able to feel the joy in your heart, the warmth that exists all around, the warmth within everyone, everything, in this world of consciousness and you will be grateful and happy, joyful all the time.

In this world of consciousness, how much you feel is commensurate to how much warmth you have grown in your own heart. The more warmth you have grown in your heart, the more of the world of consciousness you will feel. The degree

to which you can feel this world is in relation to how much warmth you have grown in your heart. The peace and calm that you feel in your heart is a place that you will always want to return to. As you meditate and find the peace and warmth in your heart, you know you have found the right place when you have found this quiet and joyful place.

Meditation is joy.

Chapter 9
Return to Love: Self-Salvation

One of our main purposes of doing these exercises is to return our suffering selves to love, the heart of warmth. Returning your suffering selves exponentially increases the happiness you feel. As we return these suffering selves to warmth, our warmth and joy swells, our belief in consciousness becomes stronger, and the world of consciousness becomes more tangible.

Your present is walking together with your past and your future. Your hearts that have suffered in your past, continue to suffer in your present, and are suffering in your future. If you neglect to change now, those selves continue to suffer in past, present and future. Your present self is the bridge that connects your past and future. Let your present self be that bridge of change.

If you are suffering, it is because you have not saved your suffering heart. Every time a suffering heart arises within you, I ask you to embrace your own suffering self. I ask you to embrace yourself, those hearts. Don't criticize your suffering heart, your darkness. Accept it. Acceptance means embracing yourself.

When you are suffering, you feel like there is no way out and feel there is no escape from it. You become stuck in a bottomless pit, a pit of despair and loneliness that digs deeper and deeper into a wallowing hole. Once you begin to realize the state of suffering isn't your true existence, and that your true existence is warmth, light, essentially mother's consciousness, and can embrace your suffering, then your wallowing ceases to exist.

Pain and suffering is created by yourself and therefore you are the only one who can relieve yourself of it. Only when your pain and suffering encounter your true warmth can you relieve yourself of pain. That is when your pain and suffering will be "saved." Your heart will be lighter and brighter. Darkness and pain can change to energy of warmth because the core of the pain and suffering, is merely a heart that has forgotten it's true existence. The warmth is something that never goes away. It is always within your heart sitting right there, staring you in the face.

There are so many emotions raging within you. There is no one on earth, at peace, so completely happy and oblivious. Use this life to confront these emotions, reflect on them and change emotions into warmth, peace, fulfillment, and joy. That is what the truth is. Please don't escape from the turmoil in your heart. All these experiences are opportunities to see the turmoil in your heart so you may unite with your true self and return to your essential nature.

Your false selves beg to know the truth of their existence. They are crying in despair. Once a part of your heart realizes that you are a heart of warmth, that you are mother's consciousness, everything changes. How you feel will change. You will become happy and bright. Remind your false selves that they, too, are a heart of warmth and that they need not suffer any longer because their true selves, true existence, is warmth.

Embrace your false selves. Embrace your pain and suffering and release it. It's not only a matter of accepting, it is a matter of truly believing that the core of the suffering self is light and warmth.

When you accept all of the pains in your heart, then you will accept the fact that you were wrong in believing in this material world as the truth, and can change into vibrations of warmth. Once you begin to embrace all your dark hearts and energy, slowly, one by one you begin to feel those emotions melt away. You will begin to feel your hate, jealousy, and anger melt away.

Don't despise yourself for suffering, for feeling lonely; just tell your false selves that they are warmth and that they are embraced by you always, eternally. Slowly, you will feel your false selves melt in the warmth. When you can fully embrace your false selves, they will be like a cocooned caterpillar. Once

they realize they are warmth they will emerge as butterflies. You will feel the warmth ever expansive in your heart, growing.Your true heart is waiting for you to understand this truth. I don't want you to be suffering, wallowing. There is no loneliness except the loneliness you, yourself, create. We are all one and I am waiting here for you.

Welcome your darkness to this world. Welcome and remind your darkness of this world. "This is the true world and where you want to be. You don't want to be stuck in that suffering hole, only focusing on this three-dimensional physical world." You want your darkness to open its eyes, to realize this true world, so that we may all live in harmony together in this world of warmth and joy. That is all I have been asking you to do. I want you to return to this true warmth and joy. Please return to this joy and warmth in your heart. You are energy. You are consciousness that belongs in this world of consciousness. Open your eyes to this world. Don't turn your heart away from this world. This is the truth. It is the true world that always exists. This is the truth.

As you communicate with your false selves, you can tell your suffering heart, your darkness, that they need not suffer any longer. Tell them to come to your warm heart. Tell them they are a heart of warmth. They too no longer need to suffer in silence, wallowing in their pits of despair any longer. It may seem an odd thing to do, to speak to your suffering heart and say "I am a heart of warmth and I, heart of warmth, will

embrace this pain in my heart." But that is what you would do for your child, isn't it? We are all one and this heart of warmth grows infinitely, expands, the vibrations and energy of love are so strong that it will encompass all the suffering of those false selves.

Soon you may reach a point where the trivial things in life don't bother you anymore. Isn't that a good place to be? Where you can be happy through any "suffering" or "unhappy experience." Isn't it wonderful to have the heart that can accept everything so you don't feel stressed or bothered? Isn't that a place we all want to be? I'd have to say yes. I want you all to strive and reach this point. I tell you this physical body is a mask. The true world is the world of consciousness. This is the truth. Thank you.

After you have reflected and are honest with yourself about the dark energy you have been using and emitting, then slowly you must remind these parts of yourself that what they have been seeking isn't the truth. There is no power or truth to seek outside yourself. All the answers, satisfaction, happiness, depend upon you comprehending your true existence.

You need to save the energies of worship you have discovered from the reflections on idolatry. You need to say to yourself: "Heart of mine, this heart that worships Allah, Jesus Christ…please come to the warmth. Please let me embrace you." You need to save this heart that doesn't believe in itself.

You need to say "heart that worships Jesus Christ, please be embraced by the warmth." You can believe in yourself now. You don't have to believe in another energy because that energy won't bring you happiness, won't save you. You have to embrace your own heart of suffering that is seeking these other energies.

I am so happy. I am joy. I am waiting for you in your heart. Please experience the growing vastness of your heart yourself. As you open your heart, the insignificance of the material world will become apparent to you. You will realize your worries and concerns are inconsequential and insignificant compared to this warmth in your heart. You will begin to understand that you can accept all the darkness in your heart because those are the false selves you have created over many millennia. These are the false selves you created when you believed that this physical body was your true existence. However, once you feel the heart of warmth, the consciousness of Tomekichi Taike, your true heart, then you will realize the vastness of your heart and will understand that you have the ability to accept your darkness. Accepting your darkness basically means that you will change your heart from a state of suffering to its original state, warmth.

How do you accomplish this? You are your own mother. You are welcoming your own child home. Open your heart and embrace your suffering, hate, disgust, etc..

Imagine you have arms stemming from your heart, ready to embrace and thoroughly forgive and openly accept your hearts of darkness. Once you do this, slowly, your heart will become lighter and your mind freer. You won't be stuck, always believing, in your physical self. You won't be so stubbornly believing in this physical body. You will become lighter. Your heart will become joyful because all parts of dark hearts always crave to return to their true selves. Please welcome yourself to the warmth and energy that is your true self.

Return to this true self. I am patiently asking you to remember that this physical body is a mask and sometimes you can see these emotions, but sometimes these emotions are ignored by diversions you create in this physical life and your mind. I want you to see all these emotions around you. See how they arise from friendships, relationships with family, and your spouse. This is how you can confront your emotions and change them to energy of warmth.

I want you to see this in your own heart. This is why you have the ability to change your own suffering and your own darkness. Your core always gives love and warmth, eternally, never expecting anything in return. Don't let your suffering hearts be denied any longer. Let them come to the warmth, accept the warmth, and realize they are warmth.

Soon you will feel every agitation, i.e. fight with friends, in-laws, spouse, co-workers, siblings, in your life is an opportunity

to save the darkness within yourself. Your feelings of agitation will continuously arise, but the joy is that you will be able to save these feelings. You have accumulated so much darkness after so many reincarnations and we can return the darkness to joy. Reflection is a continual process of recognizing, addressing and returning to warmth. This is the cycle. Not only will you feel joyful when you are able to save yourself, you will find joy during every step of the process. As soon as you recognize that you have anger or jealousy, you will be happy that you are able to recognize what needs to be saved.

When one is too patient one ends up ignoring the inner turmoil. This type of patience does not allow you to save yourself. If you hold your feelings in and are patient, you do not love yourself. When your feelings arise in your heart, you need to return that suffering heart to warmth. It is not the time to put aside your emotions and ignore them. These hearts are suffering and you need to address these emotions. "Heart of anger, let us turn to warmth." Saying things such as, "I'm okay, I'm over it," doesn't mean you are returning anything to the warmth. You are only ignoring your suffering heart. Please address that suffering heart, the pain and say, "hello heart of pain, I am here to help you, I embrace you and want you to remember your warmth." That is the key difference.

In addition, if you still blame others in your heart, like your spouse and acquaintances for the emotional turmoil you are in, then you have not saved yourself. You are carrying the same

emotions you have always had. At an uncomfortable moment or altercation, your true feeling rise to the surface and it is at that time you need to catch your emotions and embrace them with warmth. When you blame others you will know that you have not saved yourself yet. The heart of blame is a cold heart. As long as you blame others you have not saved yourself. Take the time and save yourself.

Embrace

You need to rise above and remember the warmth of mother and remember you are warmth. You have the ability to embrace your darkness and surround your suffering heart with your warmth. Do you feel that? That is how you will return your darkness to warmth. That is how your darkness will return to joy. Do you feel that? Once you surround your darkness with warmth, your darkness will feel so joyful and light. Once your darkness returns to warmth, you will feel light and joyful. This is how you embrace yourself.

Physically as you outstretch your hands and welcome your child into your bosom you wholeheartedly accept them. This is what you need to do for your own darkness. All darkness and suffering waits to return to love and joy.

The question is how you embrace yourself. I want to give you an image of how you do this so that you may save

yourself.

As a child cries and needs to be comforted, do you remember the feeling of your outreached arms waiting to embrace the child, waiting to hold it close to your heart to alleviate the suffering and tears that the child or infant has? Do you know this feeling I am speaking of? When your child is running around and scrapes himself or goes to school and is ostracized, you try to comfort them and you hold them in your arms and say, "it's going to be okay."

It is the same thing you will do for your darkness. You need to speak to your darkness. I know it sounds strange but you need to call your suffering heart forward and say:

> *"I am talking to you. Please listen. I know you have been suffering so much in your heart. How have you been suffering? It is our goal to return to joy and I am going to reach out to you and hold you and hug you because I know you are suffering so much. Please come here to my bosom and be embraced because I love you and I want you to return to joy and find the truth of your existence, which is warmth. I embrace you and hug you. Do you feel my warmth reaching out to you, hugging you, embracing you?"*

If you have any questions, always ask the consciousness of Tomekichi Taike within your heart. Your warmth will always

respond. Find the quiet in your heart and align your heart with the consciousness of Tomekichi Taike and the answers to any questions that you have will be answered. I will always be here to answer all of your questions. I am always speaking to your heart. You only need to align your heart to me and I will always speaking to you from this warmth.

[The next few pages contain examples of how to communicate and embrace one's suffering heart.]

Example 1:

[A friend of mine was going through a divorce. He was having a very difficult time with life. He was feeling very lonely, sad, and depressed. I channeled his suffering heart and his true warmth. It is as follows:]

Message from your core warmth,
consciousness of Tomekichi Taike:

I know your heart feels it is being squeezed, but don't let this physical world control all feelings that you have. You are a being of incredible warmth that is full of love.

Don't let these physical manifestations of anxiety control you. Don't fall into the hole of despair. Life is here for you to learn from…it is here for you to have experiences.

Don't take your life too seriously. Don't take all the things that happen to you too seriously. Please turn your heart during those times you feel squeezed and suffocated, to the warmth within your heart. You have that warmth within yourself. Imagine yourself as a bird soaring in the sky. Let go of everything and feel your breath as wide as the blue sky. You are the blue sky. Don't let the trivialities of life get you down. You are a ball of warmth. You are now and always will be. Don't think you have to live strangled by this anxiety forever. Please turn your heart to yourself, to your warmth and that warmth will embrace you.

Please suffering heart, turn your heart to your warmth. It will never be too late. This heart is a heart of warmth that spreads infinitely, and embraces you infinitely. Turn your heart to this warmth.

Do you know how wide that space in the universe is? That is your heart. Please don't get bogged down by these experiences in your life. I wait for you to realize your true heart.

Mother is so warm, can you feel how warm it is? She is your true heart. Your warm mother's heart can change all the dark hearts you have accumulated. You can save yourself and save everything. Your heart is wide and bright. Every life has challenges. Jealousy and rage are opportunities for you to see the parts of yourself that

don't believe in the warmth. These hearts that are the ones needing to be embraced, forgiven. You need to turn them to warmth.

I always want you to remember your warm heart. Please take your warm heart and expand the feeling eternally. Think about space and the sky. Think about how warm your heart is and how it can swallow all the darkness, no matter how overwhelming it may seem. Your heart is larger than everything so it can swallow your suffering in a whole bite. You can smother your darkness with warmth. Everything will become love, joy and light.

The joy is ever expansive in your heart. It is wide and warm. I always want you to remember this heart. It is so wide and warm. Remember this heart in your mind.

I am always here embracing you. You are embracing yourself. You are embracing and forgiving yourself. Please don't forget that it is not another "power" or god that will rescue you from your suffering. Only you will save yourself, your suffering self.

We are one and the same consciousness. This can be a very difficult concept to understand with your brain and your physical body, but if you feel with your heart you will be able to connect with everyone, with the world of consciousness everywhere. You will be able to feel

everything and you will hear me speaking to you always. Always…always…spreading love, spreading energy, spreading warmth, and spreading light. You will feel it always. I am speaking to you from your heart. I am speaking to you from your heart.

Your warmth is always waiting for you to turn your heart to the truth, always waiting for you to return to your true heart. The truth is something so wide and warm and it's so incredibly beautiful. It is so spacious and wide. Please, please don't suffer in your own black hole. Please stop believing that you are only your physical body. We are all one. There is no reason why you must be superior to anyone else. That is not what life is about. I am asking you to change your way of thinking. I am asking you to feel with your heart, to feel everything with your heart. Consciousness is truly so wide and bright. It is so beautiful.

I want you to reawaken your heart. I want you to reawaken your heart to these vibrations of warmth and energy. I want to remind you that you don't have to suffer or struggle with life any more. Once you realize the truth in your heart and you realize these vibrations of energy that you are, your suffering and your struggling will be non-existent.

Once you realize inside, in your heart, that you are mother's

warmth, something truly wonderful happens inside. You realize that you can embrace all of your darkness and suffering. The suffering and darkness we speak of are things like your pain, your loneliness, your frustration, your anxiety, and your stresses. As you realize that you are the one who can alleviate your own pain and suffering, you will use your heart of warmth to embrace your darkness. Your darkness has some place to go, that some place is you.

As you embrace a child, you can embrace your own darkness. Through the millennia, human beings have accumulated mounds of suffering, always believing that the material self was the true self. As you believed your physical self was the real you, you moved farther away from your true existence which is a heart of warmth. Consequently, as you moved farther away from your true existence, your suffering increased. Your suffering, e.g. loneliness, pain, frustration, anxiety, worry, these are all suffering hearts that emanate from the belief in the physical self. These are the false selves you have created in your heart. The further away you are from knowing your true existence, the more loneliness and suffering you feel.

Don't struggle with yourself any longer. When the truth stares you in the face and you feel it, you will reawaken to the fact that struggling is not necessary in this material life. Your job in this life is to accept the many trials and tribulations of this physical existence. As you accept, you begin to realize

the material world is just a facade. This is a facade of the true world. The trial and tribulations are tests for you to find your true self, your true existence. Your husband may say things that you don't like and may criticize you. But you must strive to use those criticisms as your reflection and accept them.

Don't let the little things in life bog you down. Your husband, spouse, will always show you the worst part of yourself. Your job is to accept those flaws in yourself. Don't become angered and blame your spouse. It is all you. Your spouses are just reflections of the things you don't want to accept about yourself. Please see that in your heart. Use those as tools. Your spouse is love. Your spouse is the greatest love who will show you your suffering heart. If you just open your heart and accept and accept and accept all the rage within yourself, you will see why your spouse is the greatest love.

I know it is not an easy thing to do. I know it is very difficult. Accepting yourself, the false selves you have created is not an easy thing to do. Your spouse shows you most readily, easily, the things about yourself that you are in denial about.

Don't squander the time you have in your relationship. Learn from your spouse. They will test the vastness of your heart. That is what they are for.

Example 2:

[Below is an example of how I reflect in my journal. I first write down all the emotions I am going through and then I try to reflect to see what is going on here. In this case, I fought with my husband about something and he accused me of being proud and sensitive to criticism and my reflection is a sort of stream of consciousness babble that helps me get my feelings out. I don't compose my reflection. I let my feelings pour all over the page.]

Jennie's Reflections:

I was so mad at my husband…I was so mad…He accused me of being so prideful and arrogant. I don't believe I was hearing those kinds of things from him. I didn't understand what I was hearing. I wish that he would listen to me more, but he won't. I was so upset with him…He accused me of not being a good wife. I think that I was so spiteful because he didn't think I was the best. I am always looking for some kind of affirmation. I am a person too. I didn't realize that I was that kind of person. I wish that I wasn't that kind of person. I wish that I wasn't that kind of person. I wish that I wasn't all those things that he said I was. I really didn't like that. I really didn't like that at all. I wasn't fond of the fact that he was accusing of me of not being a good person. I am too proud. Maybe too boastful… I share what I am thinking if people care to ask me. I work so much on myself

that how dare he say those kinds of things to me. Am I too boastful…am I too proud of myself? I don't want to say that I am. I don't believe that I am. I feel that the things he says to me is a terrible misrepresentation. I don't appreciate any of the things that he has said to me. It was really ridiculous.

*Am I too proud of myself? I don't think myself humble, not too humble…but maybe I am too proud. What do I really hate about him? He is so selfish and arrogant. He thinks he is better than everyone else and he looks down at people. He has his nose in the air and thinks he is so much better than everyone else. That really gets me. It really gets me mad that he thinks that….maybe I am too proud…I am too proud of myself. I want to scream he thinks he is so much better than everyone else…**I guess that is what I think of myself...***

[This is a point in my reflection when I begin to recognize my heart is suffering. I don't want to end my reflection by blaming him. I try to see what the situation is trying to tell me about myself. Then I begin to have a conversation with the heart that is suffering. It seems strange to talk to yourself in this manner, but this is how you save yourself. You must speak to your suffering heart and have a conversation with it.]

This proud heart that thinks it is so much better than everyone else. Please come here and be embraced…Please be embraced…it is tough thinking that you are better than

everyone all the time. Be embraced. You have been suffering for so long. You don't have to be so proud. You are just consciousness. You don't have to be so proud any more. You don't have to be stuck in the thoughts that you are better than everyone else anymore. You are consciousness. You are a huge consciousness, so warm and bright. You are so wonderful. I know that you are. I know that you are so warm and wonderful. Please come here and be embraced by the warmth that you are. You don't have to stand so rigidly uptight with your nose down on the world. Standing up there all alone is quite lonely and an existence of suffering. Don't you feel that? How long will you fight to be on top of the world always suffering like that? You proud heart, please come here and let me embrace you and show you the warmth that you are…

[As I speak to myself, I usually receive a message from my core warmth, from the consciousness of Tomekichi Taike.]

Consciousness of Tomekichi Taike:

The things you see in your spouse are the things you criticize most about yourself. You think: That cannot be me. Why? How? "That is all his own behavior" so you think. It is not… he is your mirror and all the feelings you have toward him are the feelings you have to yourself. You hate because he doesn't listen to you so you have many hearts of hate…but you also criticize

him for being selfish and proud and arrogant…better than other people. You are seeing the many hearts of yourself that despise but you are also seeing the proud and arrogant boastful heart that you have. He makes you angry and you need to learn how to embrace that heart of rage and anger that arise within you when you fight… You also need to see your proud and arrogant heart you believe that you don't have.

[Then I begin to address my suffering heart. I try to embrace my suffering self with my heart of mother and I speak to my suffering heart.]

Consciousness of Jennie Lai:

Hearts of hate…please come here and be embraced by my warmth. How long will you hate for? It is such a lonely existence hating and hating. Please come here and be embraced by this warmth. I am so tired of hating and fighting him all the time. I am tired of expending this energy for something so useless. I am tired of it. Please come here this heart of hate and realize that we aren't better than anyone. We are just consciousness. It is time to embrace these hearts that arise to the surface when we are with our spouse…it is time to save these hearts. I feel like I don't know what to do and I don't know where to go. I feel so lost when I get so mad and angry. I don't know what to do with these emotions…it is time to save these suffering selves that don't know what their existence is.

Please listen to me: your heart is consciousness. It is warmth. And bright and embracing love. That is all. You don't have to hate any longer. There is no point in hating any longer. You are a heart of warmth that is spreading infinitely for ever. You are a huge heart of warmth. Is there anything else that you need to remember except that this isn't your true heart? Your true heart is one of warmth. Your true heart is one of love. You are warmth. No need to hate and suffer like this any longer. Please don't hate any longer…be bright warmth that is embraced…don't be angry and mad anymore at …. Just embrace these hearts that arise within you. It is time to do something about these emotions that are arising from you. It is time to embrace these emotions and tell yourself you are consciousness warm consciousness that is light and huge. That is really what you are. That is your truth.

Don't ignore the emotions that arise any more. Immediately when they arise, reflect and change those hearts. How long do you want to be angry at the world? How long do you want to be angry with your husband when you aren't really angry with him, per se, at all? The dark energy of anger is coming out and venting and expressing itself on to your husband, but he is not really the object of your dissatisfaction. It is your own screaming heart that is reaching out to you asking to be saved. That is the truth. Isn't it time you did something about it? Isn't it time you

did something about these hearts now?

It is true it is time I did something about these hearts now. It is really time I did something about these suffering selves. I really want you to know it is time to do something about it. It is not time to ignore. It is time to realize, embrace and change. It is the time to change.

Example 3:

[The following is another example of reflection, meditation, and conversation with my suffering heart. This example is when I compared myself to those around me and felt jealous of their material possessions.]

Jennie's Reflections:

That's right I always felt so jealous of other people. I felt so jealous of what material possessions they have. I didn't want to see my mirror. I didn't want to see my mirror so I just ran away from them instead. I didn't feel like acknowledging my jealous heart so I decided to ignore them. I was so upset and disappointed with myself for even being jealous.

[Here is where I start to try and speak to my heart of jealousy.]

I just want to tell my jealous self that you don't have to be jealous of these haves vs. the have nots. Money is not everything and this physical world is not the truth. Your consciousness is your essential being. I understand you are crying out to me in pain, the only thing surfacing is this emotions jealousy but I understand that is suffering. I understand that is a true raw state of suffering. You don't have to suffer anymore. You don't have to be like that. Please come here and let me just embrace you and wrap my arms around you. Let me tell you that you are truly a heart of warmth. You are vibrations, energy and you are warmth. This is your nature. Please don't forget that. Please don't forget that. Please see yourself for what you are. You are truly a heart of warmth.

There is so much warmth. There is so much warmth and a wide expansiveness exists in your heart. You are not just a heart full of jealousy and rage. You can become warmth. I will encircle my arms around you to show you what warmth is.

Hearts of jealousy, sadness, come here. I embrace you. You are a heart of warmth. You are truly a heart of warmth. You live in a comparative world and think you are a little heart that is jealous of other people. But you are a heart that has run away from the warmth and forgotten the warmth. All you need to do is to fall into my arms and let me hold you.

[After speaking with myself and acknowledging the suffering heart of jealousy, my consciousness is happy. Subsequently, when I meditated I began to feel joyful.]

Consciousness of Jennie:

I feel so free and happy inside. I feel so happy that everyday I wake up and am excited to meet my false selves. I am ready to meet these suffering hearts and change them to warmth. Everyday is warmth , happiness and joy. I feel so happy that I can finally meet these salves and save them. I am not escaping them, but I am returning these selves to the original state that I am. I am turning these selves to what my essential consciousness is. I am returning myself to the warmth that I am. That makes me so happy. I am so excited and happy that now I know how to make myself happy. I finally understand how to save myself and that brings me such tremendous joy and happiness. I don't know how to put this excitement into words. I am so happy.

Let me tell you, that warmth is what you truly are. I know you are feeling alone and sad, but that is your darkness overcoming your warmth. Your true self, the true you, is a heart of warmth and will always be a heart of warmth.

The essential nature of yourself is truly joyful, happy, and grateful.

Yes, I feel embraced by the warmth. It is so warm and bright. I don't feel lost or sad, lonely anymore. I don't feel jealousy, hate, or anger anymore. Why did it take me so long to find this heart? I know inside, I have been screaming to find a place to call home. This is my home, this heart of warmth. I am so happy to find this home. This is the truth. To all the consciousnesses out there looking for answers…this is the truth. If you question whether this is the truth or not, please give it a try. Try to reflect on mother, you will feel something in your heart, just as I have. You won't regret that you gave it a shot.

For so long, I have been suffering inside in pain, feeling lost and hopeless, feeling angry and disappointed with this physical life, feeling jealous and hating others. I know these hearts, please, I know you are knocking on my door. I want to embrace you. Please come to my warmth. We are all consciousness. We are not physical bodies. There is no death, because consciousness is eternal and we all have the opportunity to change. My heart has been waiting, it has been waiting for this opportunity to speak with myself, speak with my many dark and lost hearts.

[I speak to myself and encourage my suffering heart to find the warmth. I know this conversation with your suffering self seems odd, but this is truly the only way to save yourself. You must address your suffering heart and ask how it has been suffering. Then tell it to return to warmth, its origin.]

That is not the way, we are consciousness, and we all live within the flow of consciousness, don't turn your head to the hole. Look around you to the sky. That is where the warmth is, where mother's consciousness, where we can remember, turn your face and look around. You will see there is true warmth, vibrations all around, can you feel them?

Suffering heart, do you feel this, everybody, you live these lives that you thought were true, but you are not your physical body. You are consciousness and energy and I, we, live together. You are not suffering or hating anymore. I am telling you are not. I am right here waiting for you to turn your face. I want to tell you, you are not a physical body. You are warmth and heart of light. You don't have to suffer there anymore. Please turn your heart to the warmth. Be surrounded by the warmth and let go of your suffering hearts. Realize you are vibrations and consciousness.

Suffering heart, we are living together and we have the same body.

[After addressing my suffering heart, this is what it had to say:]

Consciousness of Jennie Lai's suffering heart:

I think I feel some warmth that you are talking about. I am not alone anymore. I don't have to hate anymore. I don't have to hate others anymore because I start to realize my heart is consciousness and I am living in the flow of consciousness. My heart is warmed. It is bright. It is these vibrations of energy. I am consciousness. I am energy, vibrations of warmth. I am. Thank you for waiting for me, all this time I was suffering.

I thought I was all alone, but I am not. If I turn to my heart and let it be embraced by you, I feel warm. I feel I am changing and starting to believe I am consciousness. I was scared and lonely for a long time, sad in my misery. I feel something exists out there. There is flow of consciousness, out there, beyond my body existing. I don't want to suffer any more.

[Then I received a message from my core warmth.]

You don't have to suffer anymore. Don't have to suffer anymore. You are a heart of warmth and all here together, living in the flow. Please turn your heart. Be embrace by warmth. Doesn't feel so lovely, comfortable,

yes. You are consciousness. All are consciousness living together.

Example 4:

[This is an example of your core warmth speaking to your suffering heart.]

Consciousness of Tomekichi Taike, Message to James:

Suffering heart…I am calling to you. Do you feel this heart of warmth? Do you feel this ever expansive warmth? The heart I speak to you from is the heart of expansive warmth. It is always outreaching and embracing you. There is nothing to be fearful of. That is your dark consciousness speaking out to you. However, I tell your dark fearful self that you have nothing to fear. The warmth is ever expansive, like the sky, like the ocean, so full of warmth. Do you feel these vibrations of warmth? Think about your mother when she held you in her arms and encircled you when you were a child. Didn't you feel safe and embraced? I know you felt safe and embraced.

Your heart is one of incredible warmth. Please think about your mother and how she embraced you when you were a child and were scared. If you remember what you truly are, warmth, then you can embrace your fear. Your

darkness and sadness is nothing to be feared. These are just parts of you that have lost their way. They have forgotten their essential nature, which is warmth. I am asking you to look within your heart to find the warmth.

Now is the time that change is upon you. I know your heart is suffering, but this is a wonderful opportunity for you to see what is true in this world. I think that if you don't take this opportunity to figure out what the truth is for yourself, then your darkness will take you into a downward spiral. It will take you into the depth of your darkness.

Please remember your heart is wide and open like space. Your heart is as large as the universe and your warmth is equally encompassing. The true essence, nature of man, is warmth and vibrations of warmth. Please take a moment to sit quietly and think about your mother and think about what she has done for you. I think you will find that she has always been giving and sacrificing. She has loved you.

You are warmth, you are not that suffering ball of fear. Please keep an open mind and heart. I believe you will find that, over time, the medications cannot help you get rid of the fear and anxiety in your heart. Drugs may not be able to cure that. I am speaking to your heart always.

Please remember the warmth in your heart. Please take the time to think about mother. I am waiting for you.

I know it is very difficult for you…this time right now. But look within your heart to find your warmth. Remember your mother encircling you, embracing you in her arms. You didn't have a worry, or care, or loneliness, or sadness. You were so embraced in that warmth and you were so secure. I want you to find your security again. The warmth is what you are. You are this secure warm being.

I know you doubt the things I am telling you. You think it is hocus-pocus. Regardless, consciousness is real. You don't die after your physical body dies, it will no longer exist on this Earth. You can change your heart. You don't have to be suffering or sad anymore.

Turn your heart to the warmth that you remember from your mom. Turn your heart to the warmth.

I don't want you to forget what your true heart is. Even if you end your life right now, if you cannot find your true heart and your warmth, you will be suffering after the death of your physical body. Even when you move on from this physical life, there will be no happiness there.

All around you all the time, there are circumstances

that cause you anger jealousy, happiness, killing, hate, all opportunities within your everyday life to see the dark hearts that don't realize their true heart. The mission upon you is to look at these emotions one by one and call them forth and ask them to return to their true state of warmth. That is what this study is about. Your waking day is an opportunity, through your spouse, through your friends, to see the emotions that are arising within you and deal with them. It is not an opportunity to blame them for causing these emotions within you. It is an opportunity to look within your heart to see these emotions and call them forth and embrace them.

Say "hello heart of anger, please remember that you are not a heart of anger, but one of warmth. I want you to return to your heart of warmth. I embrace you with this heart of warmth. I don't want you to be suffering. Any heart that isn't a heart of warmth is suffering." Jealousy, hate, pettiness, complaining, are all hearts of suffering. Your hearts don't need to be suffering any longer. When you call them out and ask them to return to their true heart, this is all you can do and embrace them. Once you find the true warmth within your heart, your warmth can take those emotions, suffering hearts and embrace them. Turn them into hearts of warmth as well. This is what we are striving to do. I am asking you to look at your everyday heart and embrace the hearts that arise within you.

Once you embrace the hearts within you, everything around you in the physical world will become peaceful. Look at the

world through your heart. Look at the emotions your everyday life brings about. Look at all the feelings that arise within you in every circumstance. If you live with your in-laws…when you are with your spouse, reflect on the emotions that your spouse incites within you. He may cheat on you or lie to you. He may not treat you well, but the first thing to do is look within your heart and call your suffering heart out.

"Heart of anger, you don't need to be angry anymore. I know you have been angry for a long time and this is all that you know, but I am speaking to you to embrace you with this heart of warmth." Once you begin to do this, you will see change in yourself and within the world around you. The husband that once made you so angry will make you less angry, and you will see. Once change begins in your heart, the physical world will follow your heart. Your husband's typical reaction to you will change. Do you understand?

This is the law of vibrations of warmth, the flow of consciousness. Once you see the darkness within yourself and concentrate on yourself as the problem. You will see life in the physical world will become more peaceful and orderly.

Start the change from within, dealing with your emotions. When you see your husband and he makes you so angry and bosses you around, look at the heart that says, "Who do you think you are?" Look at this heart that believes, "I am better than you, so who are you to tell me what to do?" You don't

have to be like this anymore. You don't have to suffer anymore in the belief of your superiority over others. You don't have to be on your throne anymore. Please, life is not about this. Your relationship with your spouse can be so much more than this. Please come here and return to the warmth. Stop spinning out of control fuming off more negative energy. Please come back and embrace yourself many times over. Embrace yourself repetitively.

In the beginning, your emotions run your life, but as you reflect on mother, idolatry, begin meditations on mother, you can change these emotions little by little and eventually your heart will find the warmth within, and you will change into vibrations of warmth and happiness.

Chapter 10
All is Love

Love existed from the beginning.
All happens within love.
All will return to love.

Love is freedom. The world of consciousness is warmth and love. We have the freedom to create these suffering and sad hearts. We have the freedom to return to warmth and love. Life is an opportunity of love. Our journey is a full circle of love.

Life is not about suffering. Life is about being joyful. Having a physical body is about being joyful. Everything in your life, existence, is about being joy. True life is all about joy. Finding the darkness in your heart, that is joy. Freeing your darkness from the depths of suffering, that is joy. That is what living life is all about.

Every step you take towards discovering your essential self, your essential being is an act of self-love. This is how you respect yourself. This study is about valuing and caring for yourself with the utmost respect. Do you want to love yourself? Then begin reflections and meditation on mother. What greater love is there than to save yourself and help yourself out of the depths of suffering and misery you feel?

This is the most important step you will take in your whole life. I am waiting for you to take these steps toward loving yourself. Please love yourself and think it important enough to alleviate your sad, suffering, and lonely heart. The most important contribution to society and the world is for you to love yourself, i.e. save your suffering heart. Please remember to love yourself and think your suffering heart is important enough to be saved. Once you begin to save yourself, you will be returning to joy.

The earth itself will be going through unimaginable changes in the next 300 years, but all happens within love. The natural catastrophes are an example of the joy that the earth is undergoing. It is so happy that we are embarking on this return to joy. Can you feel the waves of love and the joy of the earth?

The consciousness of the earth:

I am so happy. In this world of consciousness, our consciousness will return to joy. I am so happy that everything in my being is explosive with joy. I am ready to change with you. I am so happy. I can only show this by helping you. I will help you realize that you are warmth and joy within your heart. I will help you question yourself. I will do everything within my power to help you look within your heart. Natural disasters are joy. This physical world you depend on is an instrument to help you

find your true self. I am so full of joy. Can you feel my joy? I am so happy to show you my joy. In the next 250 years I will be changing much to show you the joy within my heart. This is the journey of consciousness. This is the consciousness of the earth.

There will be many natural catastrophes, but it is all love. All is a journey back to joy. Let us meet in 250 years in New York City and begin the miracle of change in the universe.

Everything that happens is love. All events and circumstances in your physical life are opportunities to meet your suffering self. Things that happen in your life allow your unhappy thoughts rise to the surface like oil on water. It is up to you to identify and save yourself, return yourself to joy. Every circumstance in this physical life is an opportunity to meet the unhappy selves within your depths. Don't squander the opportunities to save yourself.

We will all find the way back to our hearts. Do you understand what I mean? Everything happening on the earth is all an act of love. Everything is love and helping us fulfill our destiny of returning to love.

In the world of consciousness there is no passage of time; past, present, future, exist as one. Thus change is occurring in the future. At this moment, you face this incredible opportunity of change. Please join us in this place, in this world of

consciousness. Whether you choose to hop along the journey is your choice. The journey of consciousness, itself, is underway.

The future is already underway, happening in our hearts. A world of change begins and our spirits are unifying and embracing the change to warmth. We are paving the way currently for the change. Our keyword is change. The universe waits to change. It is a revolution and evolution of consciousness. There is an evolution in the way people think about what they really are. This change is under way in the present and in the future.

Please choose to commence on your journey. Please meet your true self and meet us in the future. Mother's reflection is the starting point to understand the truth and incredible joy. You will find that warmth is power. Warmth is power and joy. It has the power to change everything. It has the potential to heal your soul, heal all of your suffering hearts.

Your heart has the capacity to tell you about the truth of your existence. It has the ability to tell you how to live. Please use your heart to lead the way. Your true heart is always waiting for you. Your heart of warmth always waits. These vibrations are ever expanding in your heart. Can you feel them? Now is the time, not to think with your brain, but to understand with the heart. I know in the beginning, it may be a difficult concept to understand. But I ask you to use your heart to feel the warmth, that is the truth. Use your heart to

understand the words that I am saying, that are written. I ask you to feel with your heart. Interpret your life with your heart. Please use your heart to lead the way. All I ask you is to return to that truth in your heart.

Consciousness of Jennie Lai:

I feel the energy, the vibrations of warmth reaching out to us. I realize we are these vibrations of warmth and we are so happy to understand and know that in the future we will all be meeting once again like old friends. Let us move on and change the entire universe to warmth. We are realizing we are all consciousness. We are happily waiting to change. In our hearts, we are all waiting to return to the truth, the warmth. We are so happy waiting for this moment.

Consciousness of Tomekichi Taike:

We are so happy to know that the next leg of our journey is underway, the future of New York City is happening now. We are all changing our hearts to meet you. We will meet you in the near future, we are so happy. Everything that happens, from now till then, will happen in the blink of an eye. We have created the foundation for this study. As we enter the next leg of our journey,

we expect many changes to arise on the earth. We are all joyful. We are all joyfully waiting for that time. We may all have a revelation and a true Copernican like change in our heart. We are consciousness. Thank you.

It is our mission to move beyond the physical body and recall and to feel that we are truly consciousness in our heart. I am waiting in the future. I am waiting with my arms outreached, embracing and sending waves of love, radiating through space and time. I am already here in 250 years in New York City. It is not a reality that is to come. It is a reality that is happening. It is already happening. Please turn your heart and feel that your everyday existence is not your true existence.

It doesn't matter how long it takes to do the steps necessary for change. As you reflect and meditate more and more, your warmth will grow exponentially within. Just looking at your heart will become a joyful opportunity for change. At the end of the day we will all return to love.

Everything that happens, in this life and the next, is all joy. Once you align yourself to the warmth and can see what this life is about, then you will see that everything in your physical life is an opportunity for you to see your suffering hearts so you may return to joy. As each suffering heart returns to joy, your warmth grows.

Please don't squander the moments when you identify your emotions, the little bits of jealousy, hate, you think you are better than others. Those are the wondrous opportunities when change can take place. They are the little opportunities talk to your self and return that self to joy. If you do this, I guarantee that you will find joy and happiness in your heart.

Remember:

ALL IS LOVE.